



Ready...

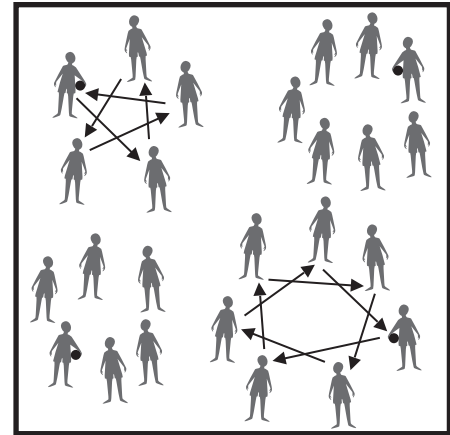
- 1 ball or other small manipulative per group of 5-7

Set...

- Students in circles of 5-7, scattered within boundaries.
- Each group with ball/manipulative.

GO!

1. The object is to cooperate with others in the group by passing a tossable object in sequence.
2. Play begins with a toss across the circle to anyone not next to you.
3. Passing continues until everyone has received a pass and the ball returns to the 1st person. Repeat, using same sequence.
4. Once you have successfully passed in sequence 3 times, add a 2nd ball. When you are successful with 2, try it with 3 balls simultaneously.



CHALLENGES

- ★ How quickly can you get the ball back to the 1st player 5X?
- ★ How many tossable objects can your group use without dropping?

CUES

- ★ No one can catch it twice, until everyone in your group catches it once.
- ★ Remember who passes the ball to you, and who you pass the ball to.
- ★ Hands up, ready to receive a pass.
- ★ Keep your eyes on the person who passes to you.

GROUP JUGGLING

*SPARK™ IT UP!

* Freeze Ball

Begin Group Juggling with 1 ball for about 15-20 seconds. On “FREEZE!” whoever has ball holds it overhead. All others in the group quickly move to line up behind ball holder. They pass the ball overhead (over) to the next in line; that person passes it through their legs (under) to the next person. This continues until the ball is at the end of the line. Then, all form a circle again, and continue with Group Juggling in the same sequence previously established.

* Quick Touch

I’ll call out a body part every few seconds. You quickly touch the body part I call out, and maintain group juggle sequence.

* Elevator

While juggling, start in a standing position, then move to kneeling, and finally, sitting. Now, back up to a standing position.



FUN FACT

The International Juggling Association meets every year in July. They keep track of world juggling records. Nine balls is the record for 1 juggler. The ring record is 8, and the club record is 7. Juggling eggs and pet poodles is discouraged.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Throwing, catching

Personal/Social:

Cooperation, teamwork

Your State (Write in here)



PAULA’S POINTERS

- Provide a variety of tossable objects (size, weight, color, shape, etc.) to keep students challenged.
- Don’t tell groups how to juggle 3 balls at once. Let them solve it on their own.

NOTES

