



# PE/Health Virtual Learning

**6th/PE Health**  
**Juggling/Manipulation Basics**  
**May 14th, 2020**



6th/PE/Health  
Lesson: [May 14th, 2020]

### **Objective/Learning Target:**

LT2- I can demonstrate basic competency in a variety of hand-eye coordination activities (Striking with implements, hand-eye activities, etc.)

### **NASPE Standard:**

Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks. (S1.M3.6)



May 14, 2020

# Objective:

Students will be able to demonstrate the basic toss and catch of juggling by keeping elbows bent 90 degrees beside your hips, bringing the ball hand toward your belly button, tossing ball in the air at the height of your head and catching with opposite arm bent at 90 degrees.



## Essential Question:

What are the most important steps to remember when learning the basics of juggling?



## Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You will need a tennis ball or a small ball. You may also use additional tennis balls or small balls for the “Additional Resources” section.
- The living room or your bedroom are both great spaces to practice your juggling and manipulation skills.



# Practice: Warm-up

You are going to warm-up to get your body moving before you practice the juggling/manipulation skills. Find a space in your house to perform these exercises 2 times through.

1. High knees or march in place for 20 seconds
2. Arm circles-Arms extended out to your side and circle forward 15 times
3. Squat or squat jumps 10 total
4. Arm-circles-Arms extended out to your side and circle backwards 15 times
5. Shoulder taps (get down in the “up” position of a push-up, pick your left hand up to tap your right shoulder, place it back down, pick your right hand up to tap your left shoulder, place it back down and repeat so each hand has touched each shoulder 10 times (20 total taps))



# Practice: Juggling Tutorial-One ball basics

The video below will help you with the objective today. Click on the video link to begin the juggling tutorial.

[Juggling-One Ball Basics](#)



# Practice: 2 Ball Manipulation Techniques

The most important things to note from the first video regarding juggling techniques:

1. Elbows by side
2. Belly button
3. Catch opposite

The next video uses 2 tennis balls. Practice the manipulation techniques in this video because they will help you when you juggle with three balls later on.

[2 Ball Manipulations](#)





## Additional Resources:

Take a look at the videos below to challenge yourself even more. The video discusses ways to:

-Juggle and manipulate two tennis balls with one hand

[One Hand](#)

-Juggle three tennis balls

[Juggle 3 Tennis Balls](#)



## Self-Check

Tell someone at home the three important steps to begin learning the basics of juggling.

Try to keep practicing juggling more tennis balls or different objects!