

Juggling

Lesson Focus: to practice locomotor skills and spatial awareness

Beginner Scarf

What you'll need

- 1 juggling scarf (or plain plastic grocery bag) per student
- Poly spot for each student is optional
- Music player and music.

Skills to review and demonstrate

Tossing and catching using a juggling scarf or plastic grocery bag.
Freezing when the music stops, listening to the teacher for direction, or returning "home" to the poly spot when the music stops.

Getting started

Scatter students in the room (on poly spots) each with their own scarf or plastic bag

Student performance objectives

Psychomotor: Students can toss a scarf and catch while performing a locomotor skill 80% of the time.

Cognitive: Students can explain the importance of looking up while moving in general space 80% of the time.





[Watch the Video](#)

Small space activity
for grades

K-1

Begin the action

Toss up and catch scarves while moving about the room, until the music stops

Do the above with different locomotor movements:

- Toss up, clap hands and catch the scarf
- Toss under leg and catch
- Put one hand behind your back and toss and catch with one hand. Do opposite hand.
- Toss up and catch with different body parts: head, forearm, knee, foot etc.
- Toss, turn in a circle and catch
- Toss up; touch the floor before you catch it.
- Lift hand with scarf high ACROSS your body and drop the scarf, catching it at waist level with the opposite hand. Repeat using the opposite hand.

Helpful hints

Have students return to home poly spot for each new instruction.

Recap

Why do we need to look forward while we are moving around the room tossing and catching our scarves?

Challenge

How many times
can you toss it
up and touch the
floor before I say
stop?
Can we do more
this time?

National standards

Standards 1&2: Spatial awareness; Tossing and catching a manipulative; Locomotor movement

Standard 3: Cardiovascular fitness.

Standard 5: Participates responsibly; Enjoys and accepts a challenge.