

Juggling



Lesson focus: to work as a group to throw and catch the balls with proper form.

Group

What you'll need

- One to three balls per group. May vary the sizes according to ability. (7" foam, playground or Jr. Basketballs work well)
- Music (circus) and music player are optional.

Skills to review and demonstrate

Push Pass:

- Look at person passing to.
- Hold the ball with two hands, fingers spread.
- Gently pass the ball toward person.

Catch:

- Look at the passer.
- Hands up and ready.
- Bend at elbows and absorb the pass.

Getting started

Form groups of five or seven in circle formation



Student performance objectives

- Psychomotor:** Students will demonstrate a push pass with proper form 80% of the time. Students will demonstrate the proper form for catching a ball 80% of the time.
- Cognitive:** Students can differentiate between the proper form and incorrect form for passing and catching 80% of the time.



[Watch the Video](#)

Small space activity
for grades

3-5

Begin the action

Have the group pass in a star formation.

Once the pattern is established the group attempts to pass the ball around the circle repeatedly without missing.

Groups that are successful for over 5 rounds without dropping a ball should attempt to add a 2nd ball and then a 3rd.

Helpful hints

Focus on who you pass to, and who you receive from.

Always have hands ready to receive the ball.

Always toss gently so your receiver has a better chance of catching the ball.

Recap

Why is it important that we use a gentle push pass when passing the ball?

What's the "ready to catch" position look like?

Challenge

How many times before the stop signal can your group pass the ball around without missing.

Switch to 7" playground balls, or Junior Basketballs



National standards

Standard 1: Passing and catching.

Standard 2: Strategy.

Standard 5: Working with team mates; Cooperation.

