

# 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.

