



*Be able to perform simple activities with control and coordination.*

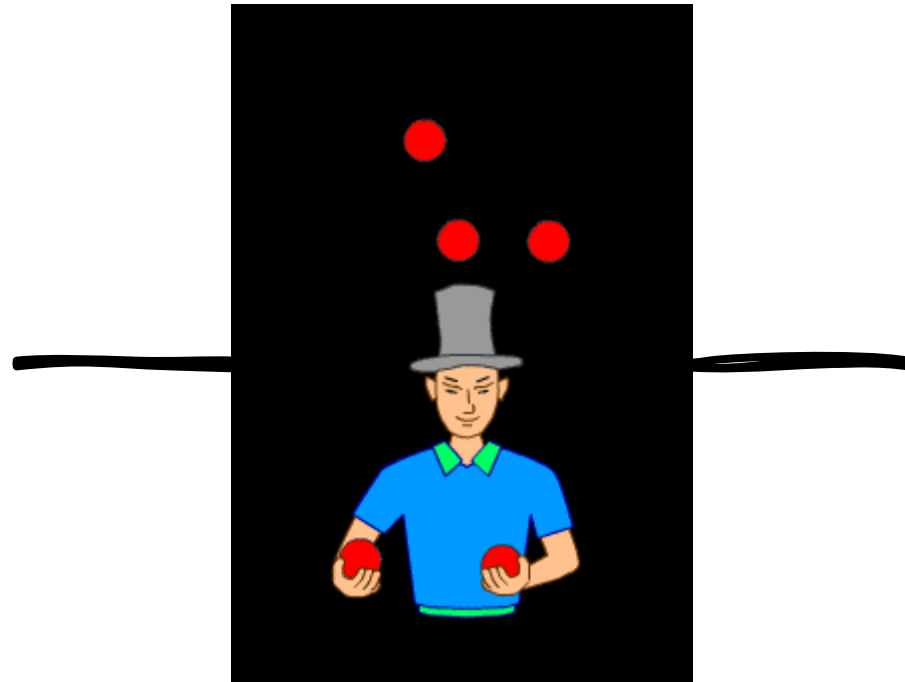


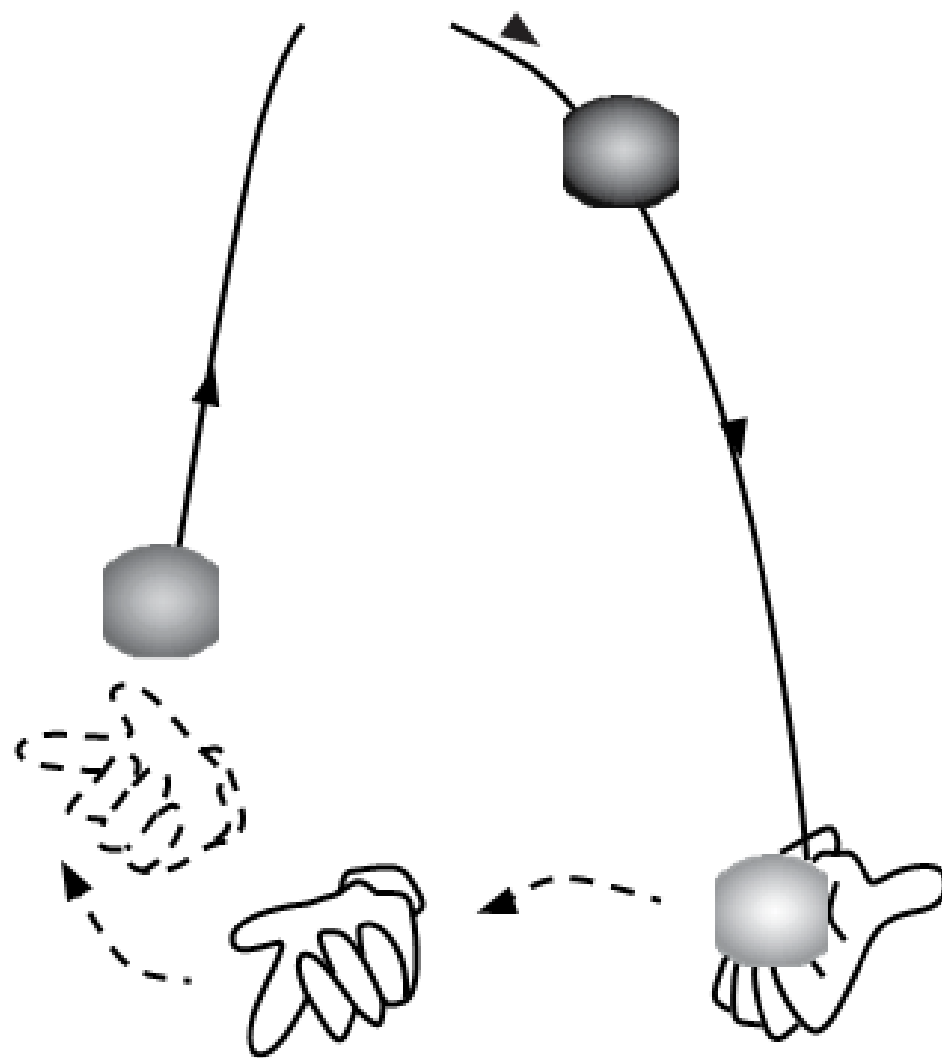
<https://www.youtube.com/watch?v=vnl4Vy7wiNE>



What skills do you think a juggler needs?

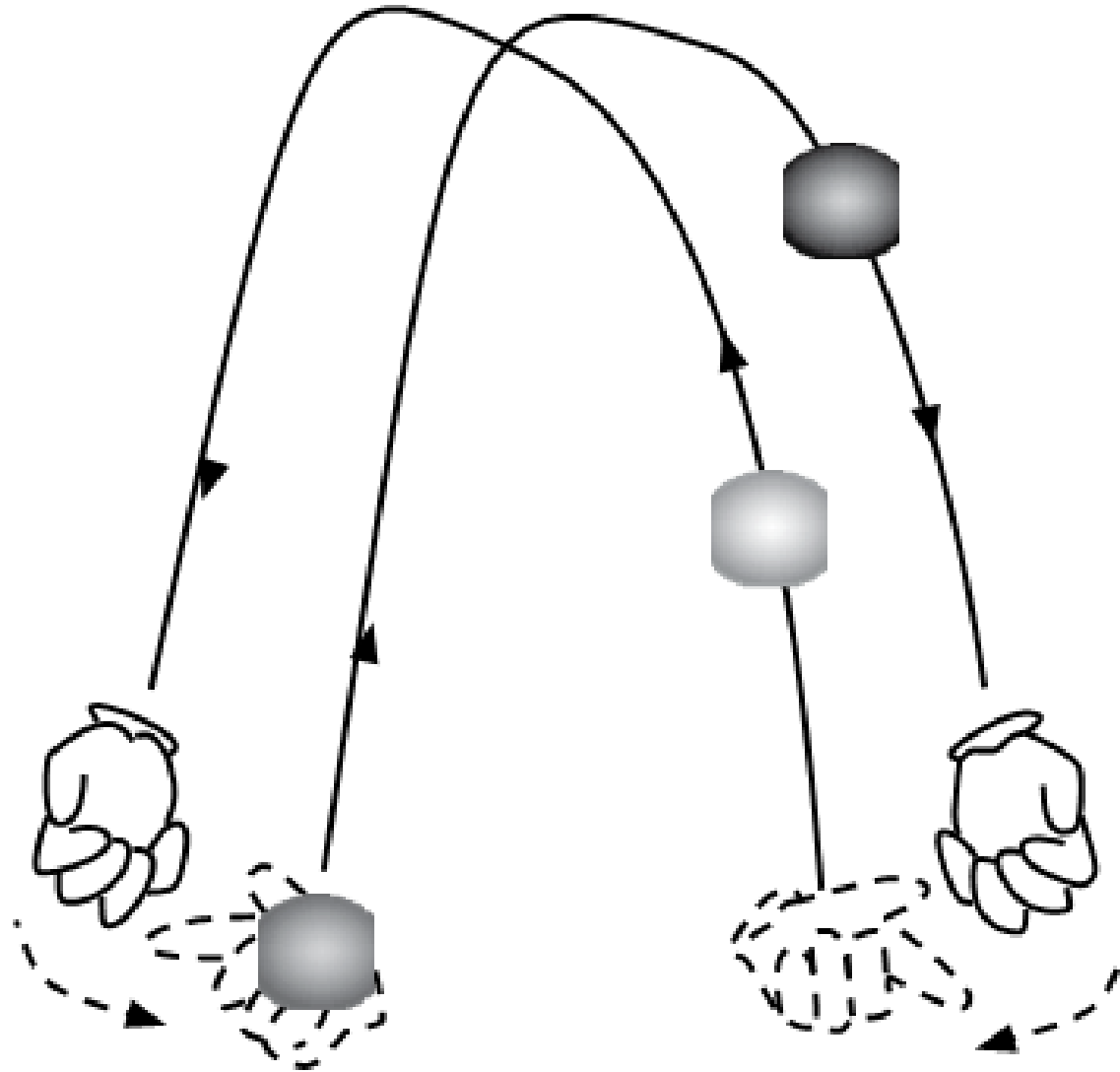
You are going to learn to  
be a juggler today!



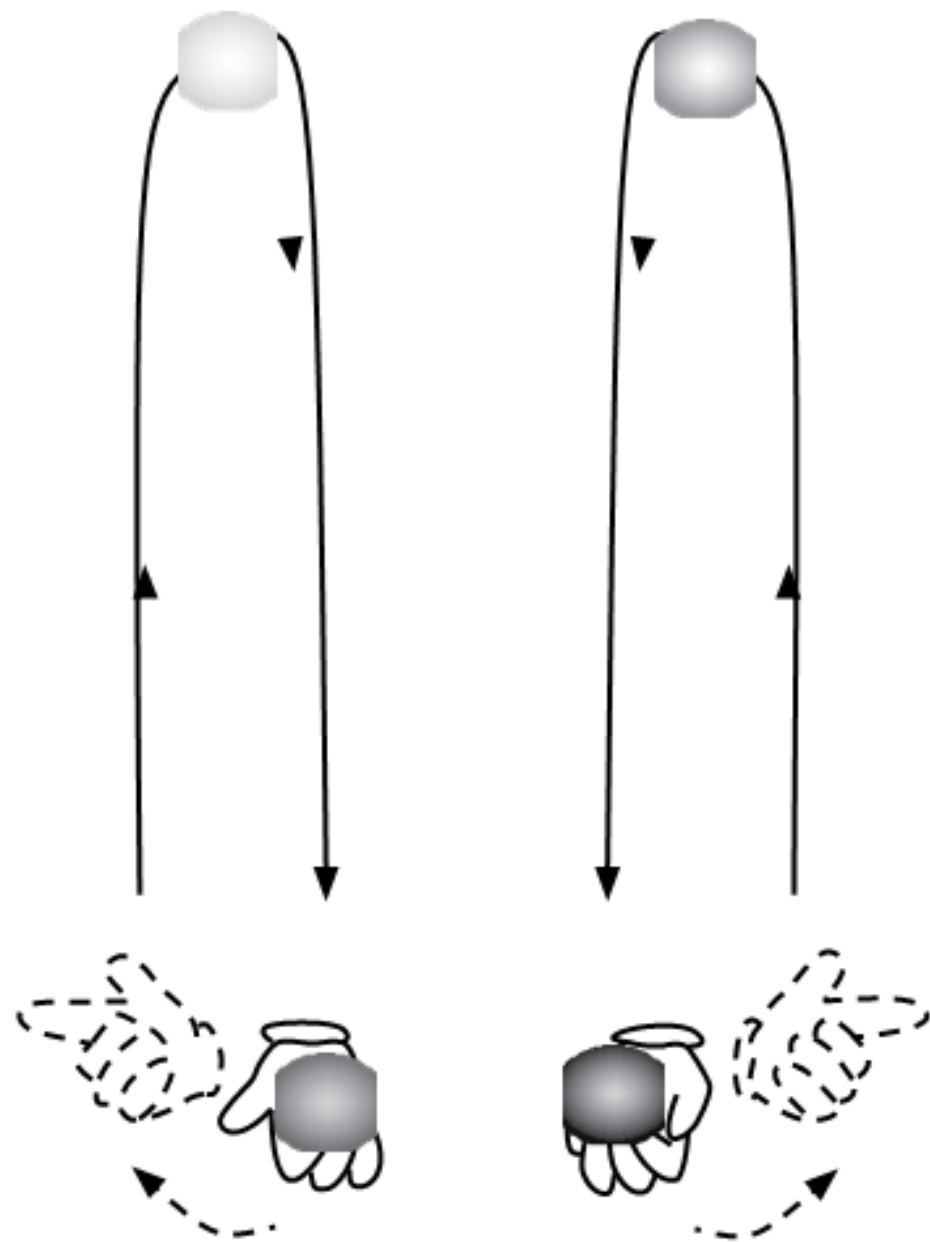


**A.**

For the 'Shower', you can use an even or odd number of objects for this circular pattern. One hand does most of the work by throwing the object up in an arc – the other hand simply catches and shuffles it back to the throwing hand.



**B.**  
The 'Cascade' is the easiest juggling pattern to learn. You toss an odd number of objects with alternating hands (left throws to the right, right throws to the left).



**C.**

With the 'Fountain', you juggle an equal number of objects in each hand, but you never toss from one hand to the other. Your hands can throw objects at the same time (synchronous) or staggered (asynchronous).

We are going to practice on  
technique at a time. When  
we have learnt all of them,  
we will have a competition.

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