

Juggling Balls

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring juggling balls	<p>Take your time</p> <ul style="list-style-type: none"> • Look at the colours • Feel the texture • Squeeze it • Roll the ball on your legs, arms, back, and shoulders 	<p>Improves dexterity and grip</p> <p>Rolling the ball creates a massage-like feel</p>
Throwing and catching (as a group or individually)	<p>Throw the ball directly up and:</p> <ul style="list-style-type: none"> • Catch ball with two hands • Catch ball with one hand • Throw in an arc shape from one hand to the other 	<p>Improves hand-eye coordination</p>
Making it easier - working with a partner	<ul style="list-style-type: none"> • Gently drop the ball into your partner's lap. • Encourage them to catch the ball. • Swap roles. 	<p>Keep eye contact with your partner to ensure they are ready to catch the ball</p>
Let's make it more challenging	<p>Throw the ball from one hand to another and add a clap between throws:</p> <ul style="list-style-type: none"> • Add a second clap between throws • How many claps can you add? 	<p>Improves focus and coordination</p>
Let's make it more challenging	<p>Throw one ball as you pass the other ball between your hands - 'throw and pass across'</p>	<p>Reverse the direction to develop even muscle memory in both hands</p>
Challenging level - Juggling (2 balls)	<p>Start with one ball in each hand.</p> <p>Throw one ball and then the other in this pattern - 'throw, throw, catch, catch'</p>	<p>Improves reaction times and hand-eye coordination</p>
Challenging level - Juggling (3 balls)	<p>Download our step by step instructions on the 'Juggling Balls' activity page on the toolkit website</p>	<p>Requires practice and determination!</p>

