

PHYSICAL EDUCATION LESSON PLAN

Lesson: Juggling

Teacher: Stephanie Lawson

Grades: K-2 for 45 minutes

Facilities: Gym

Differentiation: Students can toss and catch grocery bags because they are slower to hit the ground and it gives students more time to catch the bags. A partner or teacher can toss bag/scarf to student and see if they can catch the item. Students can throw and catch with one hand.

Equipment: music, warm-up wall equipment, lots of trash bags, 80 scarves

Objectives: 1. Students will toss and catch bags with one hand 20 times. 2. The student will work safely among other students in a large group by throwing with self-control. 3. The students will toss and catch 2 scarves 20 times making an X pattern.

Standards: Element: PEK.1.d Students identify and practice various manipulative skills such as striking, tossing, kicking, balancing, and catching under simple conditions.

Element: PE1.1.d Students explain the role of eyes when manipulating an object with hands, arms, or feet.

Element: PE2.1.e Students demonstrate manipulative skills such as throwing, catching, striking, kicking, and trapping objects while stationary and/or to a moving partner.

ACTIVITY PLAN

8 MIN Instant activity are warm-up walls for strength and agility.

4 MIN Introduction to juggling. Raise your hand if you have ever seen anyone juggle before? Show me a thumbs up if you have tried to juggle before? Great! Today are learning target is to learn how to juggle with trash bags and scarves.

We will blend fun dances with juggling movement. When you juggle you use your eyes to track the bag or scarf that you are trying to catch. We make a pattern with our hands that will help us to learn how to juggle. We make an X in the air. I will demonstrate throwing and catching the bag with one hand, and then add another bag. The cues are throw, throw, catch, catch.

When you get your bags or scarves today, I want you to find a personal space and begin working with one scarf or bag. Plastic Grocery bags work great and almost everyone has these at home. Ready position is scarf behind you and hands in your lap.

2 MIN Students are called by squads to come and get 1 bag or scarf. Students will find a personal space and begin throwing and catching the item.

28 MIN: Activity

From knees:

1. Students will toss and catch scarf with favorite hand 20 times.
2. Students will toss and catch scarf with non favorite hand 20 times.
3. Students will practice the X pattern 10 times.
 - a. 2 scarves: toss, toss, drop, drop
 - b. Toss, toss, catch, drop
 - c. Toss, toss, catch, catch
4. Students will toss and catch two scarves 30 times.
5. Students will toss and catch three scarves 5 times. A good way to start with three scarves is to put a scarf in each hand and the third scarf on the floor in front of you.

Students will try juggling standing up.

*Students will stand up and will follow the leader in a dance for steps 1-3. Next, perform Old Town road dance with scarves. Then, the WOP dance mixed with teacher cues for juggling. Demonstrate 3 scarves and the finale song is Let it Go song used for juggling.

2MIN Closure: Students will put away scarves and meet with me in a huddle. I will allow student demonstrations and review the cues for juggling again. The learning target today was to learn how to juggle. Did you hit your target? You all tried hard today to juggle and you should give yourself a round of applause. This is a hard activity and the only way to learn a new skill is to practice, practice, and practice! We will line up one class at a time on the red line. Have a great day!

1 MIN Line up with class

Evaluation:

- Extra ideas; partner juggling or group juggling
- Pretend as if you are a pitcher in baseball. For example, wad up a scarf and pretend to pitch the ball.
- Throw a scarf as if you would throw a football for FUN!