A-Z School Games Challenge

C – Change4Life Challenge – Learn to juggle

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW

**How to Play**

It takes lots of practice to be a good juggler! Keep going and you’ll get there.

- **Juggle with one ball** – start throwing the ball from your left hand to right hand and back again in a smooth ‘juggling arc’.
- **Juggle with two balls** – the second ball is thrown when the first reaches the top of the ‘juggling arc’.
- **Juggle with three balls** – start with two balls in one hand, one in the other.
  - Throw the first ball from the front of the left hand. When the first ball reaches the top of the ‘juggling arc’ throw the second ball from the right hand, and when the second ball reaches the top of the ‘juggling arc’ throw the third ball from the left hand. Stay focused and be sure to watch the balls all times.

**Safety**: make sure there is enough space between and above players.

**Equipment**

- Beanbag balls, diablo sets, scarves, juggling hoops.

**Sporting Connection**

Juggling is great for developing a host of skills associated with the sport of rhythmic gymnastics. It helps you get a good sense of how to use the space around you, keep good posture and use the right head position to work successfully with equipment.

**Did You Know?**

Gymnastics has been part of the modern Olympics since it began in 1896 but it was 32 years until women were allowed to compete.
FUN FACT – In 2017, Alex Barron of the UK managed to set a juggling world record - getting 14 balls in the air with 14 catches. Here he is juggling 11 balls and making 33 catches – pretty impressive! Keep practicing...

https://www.youtube.com/watch?v=YAtR1lTO8XA

If you have enjoyed this challenge and would like access more activity ideas, plus some fantastic recipe’s click here -

https://registration.change4life.co.uk/change4life

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