

ADVANCED JUGGLING

STUDENT TARGETS

- ✓ **Skill:** I will perform cascade juggling with the object of my choice.
- ✓ **Cognitive:** I will discuss and explain center of gravity.
- ✓ **Fitness:** I will participate and actively engage in circus arts activities.
- ✓ **Personal & Social Responsibility:** I will remain focused, demonstrate grit, and work to overcome challenges related to circus arts skills and tricks.

ACTIVITY SET-UP & PROCEDURE

Equipment:

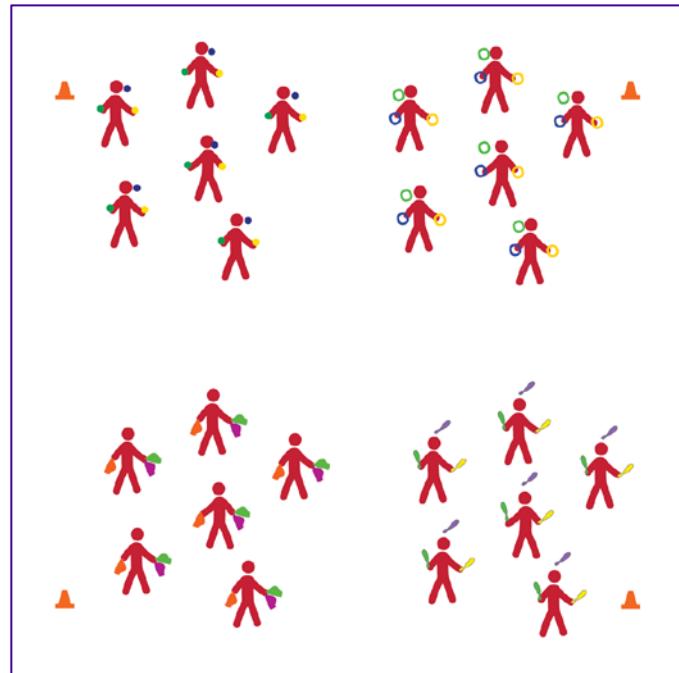
- ✓ 6 sets of each type of juggling equipment
- ✓ 4 Cones
- ✓ 4 Task Tents
- ✓ Juggling Station Cards
- ✓ Circus Arts Activity Cards

Set-Up:

1. Create 4 activity areas (1 each for scarves, balls, rings, and clubs) using cones, task tents, and station cards.

TEACHING CUES

- ✓ Focus on Form
- ✓ Put in Work
- ✓ Be Patient with Yourself
- ✓ Stay Safe



Activity Procedures:

1. This is an advanced juggling day, and you'll get an opportunity to practice juggling with a variety of different juggling objects.
2. There are 4 stations set up throughout our space. You can choose which area you'd like to work in. When you hear the change signal, move to a new area and try a different juggling object.
3. Juggling scarves are available at one area for those who'd like to review what we've learned and also to try advanced scarf juggling tricks.
4. Any time you hear the stop signal, hold your objects and listen for instruction.

Grade Level Progression:

6th: Students perform 1 or more basic skills from Level 1 of the activity card.

7th: Students perform all of the skills from Level 1 of the activity card.

8th: Students perform all Level 1 skills and 1 or more Level 2 Skills.

**ADVANCED JUGGLING****UNIVERSAL
DESIGN
ADAPTATIONS**

- Practice basic tossing and catching of a variety of objects.
- Allow students to choose the object they're working with.
- Use video demonstrations.

**ACADEMIC
LANGUAGE**

Center of Gravity, Focus, Grit, Overcome

**STANDARDS
& OUTCOMES
ADDRESSED**

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-
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**DEBRIEF
QUESTIONS**

- DOK 1:** What is center of gravity?
DOK 2: What can you tell me about a juggling club's center of gravity?
DOK 3: How could you test where the club's center of gravity is?
DOK 1: What is grit?
DOK 2: How can grit help you learn how to juggle different objects?
DOK 3: How is grit related to goal setting and action planning?
DOK 4: If you were going to interview classmates about how grit helps them succeed in physical education class, what questions would you ask?

**TEACHING
STRATEGY
FOCUS**

Organize students to interact with content: Setting up activity stations for each still/piece of equipment provides students with an opportunity to choose the juggling level that will challenge them while still providing successful participation. It's important to allow students to take responsibility for their own learning and skill development with guidance and encouragement from both peers and the teacher.