

C - CHANGE4LIFE CHALLENGE - AIRBORNE

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 #GoTeamCW** and tag **@CWSchoolSport**

airborne

Be like a circus performer
- learn to juggle



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 focussed and be sure to watch the balls all times.

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

equipment

Beanbag balls, diabolo 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.

wider club activities

airborne

| Skills | Example |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thinking me | Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score? |
| Social me | This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.) |
| Healthy me | For next week, let's think about what it is about our club that makes us each feel good and happy. |
| Physical me | At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out. |
| Creative me | Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website? |

space

Use the space around you whilst you are juggling. You could even make the arc higher or wider

task

Progress from one ball to two balls and then three balls
Try moving backwards and forwards or sideways while juggling
Attempt to beat your previous personal best score of 'how many times I can juggle before dropping a ball'
Compete against other pairs or teams

equipment

Use scrunched up paper or bean bags before progressing to juggling balls
Use different sized balls
Use balloons or slow-moving balloon balls or beach balls; players 'juggle' by keeping a balloon in the air with any part of their body
Use a rope or throw down markers to make a 'tightrope' on the floor; players try to walk along or follow it while juggling

people

Play independently
Play in pairs (one juggles, one gives clear instructions to help)
Play in teams and compete against others

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=YAtR1IT08XA>

If you have enjoyed this challenge and would like you get involved, click here to register for more ideas at Change4Life: <https://registration.change4life.co.uk>

FOLLOW, RETWEET, GET INVOLVED!