

BASIC JUGGLING

STUDENT TARGETS

- ✓ **Skill:** I will perform cascade juggling with scarves.
- ✓ **Cognitive:** I will discuss and explain Newton's first law of motion.
- ✓ **Fitness:** I will participate and actively engage in circus arts activities.
- ✓ **Personal & Social Responsibility:** I will identify and demonstrate responsible behaviors related to safe, positive circus arts participation.

TEACHING CUES

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

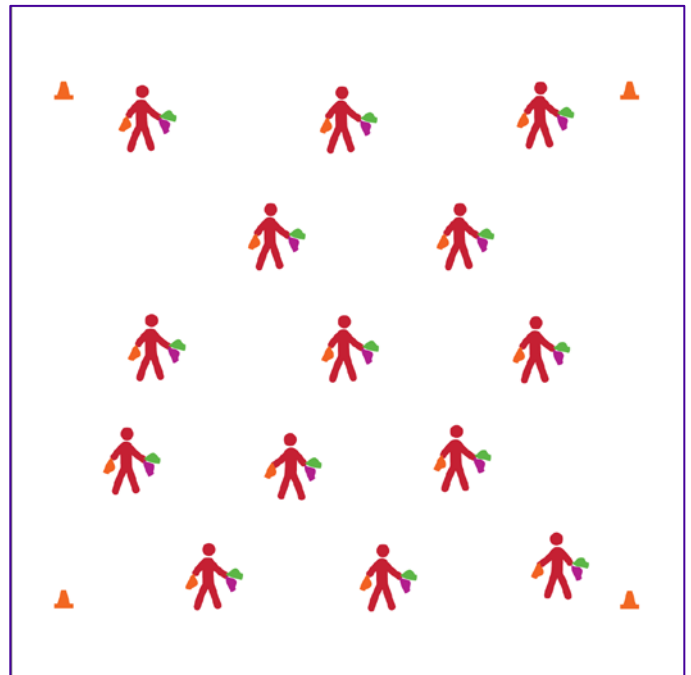
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 3 juggling scarves per student
- ✓ Circus Arts Activity Cards
- ✓ Music

Set-Up:

1. Students scattered in activity area, each with 3 juggling scarves.
2. Display Basic Juggling Cue Chart.



Activity Procedures:

1. Today we'll begin our Circus Arts module with basic scarf juggling.
2. We'll follow the juggling progression on the OPEN Activity Card and then spend time practicing each challenge on our own.
3. Teachers, use part 1 of the Scarf Juggling Activity Card to follow this activity sequence: 1) diagonal toss/catch 1 scarf; 2) crisscross toss/toss catch/catch 2 scarves; 3) Cascade (X pattern) with 3 scarves.
4. Use this activity's debrief questions to discuss the suggested forces of science topic.
5. When students are ready, progress to Column Juggling in part 2 of the Activity Card.

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.

BASIC JUGGLING

UNIVERSAL DESIGN ADAPTATIONS

- ✓ Use larger scarves and focus on basic toss and catch.
- ✓ Toss scarves into a target such as a hoop.

ACADEMIC LANGUAGE

Juggle, Cascade, Gravity, Wind Resistance, Newton's Laws of Motion, Actively Engage, Responsibility, Safe

STANDARDS & OUTCOMES ADDRESSED



DEBRIEF QUESTIONS

- ✓ **DOK 1:** What is gravity?
- ✓ **DOK 2:** Can you explain how juggling is affected by gravity?
- ✓ **DOK 3:** How is wind resistance related to juggling? Provide examples.
- ✓ **DOK 1:** What is Newton's first law of motion?
- ✓ **DOK 2:** Can you explain how gravity affects the inertia of objects being juggled?
- ✓ **DOK 3:** Can you elaborate on each aspect of juggling that is related to Newton's first law of motion?

TEACHING STRATEGY FOCUS

Preview New Content: As you begin the Circus Arts module, take a few minutes at the start of the lesson to demonstrate the various skills that will be taught over the course of the unit using the unique equipment. YouTube is a great resources for hundreds of juggling/circus demonstrations and tutorials.