





## Activity Plan for Catching and Juggling

Week 1			
Activity	How many or how long	How many days	Instructions
Scarf catching 	10 min/day	2 days/wk	Try throwing a lightweight scarf up in the air and see if you can catch it again before it hits the ground. If you don't have a lightweight, small scarf, you can use a cotton handkerchief or even a piece of paper towel. See how many times in a row you can throw and catch the scarf.

Week 2			
Activity	How many or how long	How many days	Instructions
Scarf juggling 	10 min/day	2 days/wk	This week try throwing two lightweight scarves or pieces of paper towel up in the air. Throw the first one really high and then throw the second one right away. If you throw the second one really quickly after the first, you should be able to catch the first one before it floats down to the ground. See if you can throw and catch both scarves without letting either one touch the ground. If you can, that's your first juggling trick (jugglers often learn first with lightweight scarves that float in the air).

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Week 3			
Activity	How many or how long	How many days	Instructions
Balloon catching 	10 min/day	2 days/wk	Try throwing a balloon up in the air and see if you can catch it again before it hits the ground. You can choose whatever colour or shape of balloon that you want (except one that is filled with helium, because that one would just keep going up to the ceiling ☺ ).

Week 4			
Activity	How many or how long	How many days	Instructions
Balloon juggling 	10 min/day	2 days/wk	This week try throwing two balloons up in the air. Throw the first one really high and then throw the second one right away. If you throw the second one really quickly after the first, you should be able to catch the first one before it floats down to the ground. See if you can throw and catch both balloons without letting either one touch the ground.