

# DPA Pages!

## Juggling – Hand and Foot

### DESCRIPTION:

Use bean bags, scarves and paper balls to provide a safe yet powerful brain break. These activities develop agility, hand-eye co-ordination, and the ability of the eyes to track and focus. Juggling with the hands or feet promotes “right brain breaks” during “left brain days” and also enhances cross-lateral brain activity.

### **DPA** DAILY PHYSICAL ACTIVITY:

Endurance, Flexibility, Strength

### EQUIPMENT:

Bean Bags, Scarves, Discs, Footbags (a.k.a. hacky sacks)  
Paper Balls, Foam Balls, Balloons

### IMPLEMENTATION IDEAS:

- Lead students through the skill development steps and activities of juggling.
- Start with scarves when juggling and then progress to bean bags, bean balls, rings, clubs etc.
- Demonstrate each step allowing lots of practice at each step.
- Slow down pattern, use verbal cues and correct bad habits immediately.
- Encourage students to set up a juggling or foot bag club.
- Use different coloured scarves to easily identify the throw-catch order.

### ACTION TIPS:

- **Juggling** – Try cascade juggling with one scarf, then two then three scarves (see outline provided).
- **Footbagging** – Learn the three basic kicks: toe, inside foot, and outside foot (see outline provided).

### RESOURCES: (refer to Action Pages! at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca))

1. The Joy of Juggling: The Book (in Middle School Action Bin)
2. Active Playgrounds, pp. 22-23 (available in French) (in all Action Bins)
3. Ever Active ... Everywhere, Bean Bag Bonus pp. 10-15  
(in Grades 4 to 7 and Middle School Action Bin)
4. JUGGLETIME DVD
5. Juggling: From Start to Star
6. Juggling Workshops (contact Action Schools! BC Support Team)



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# Try Juggling - Hand

## STEPS TO JUGGLING – SCARF

### The Cascade – One Scarf

- Hold one scarf in the centre like a ghost.
- Lift arm high across chest.
- Toss the scarf with palm out, like waving goodbye.
- Reach high up with other hand and catch straight down.
- Claw like a lion.
- Now raise that arm across in the other direction.
- Claw downward again.
- Repeat over and over following a figure 8 or infinity sign path. Throw across and catch down.
- Say verbal cues “toss, grab!”

### The Cascade – Two Scarves

- Hold a scarf in each hand in the “ghost” position.
- Toss the first scarf across the chest, like before.  
When it gets to the top look at it.
- Throw the second scarf across the body in the opposite direction. The scarves make an “x” across the chest.
- Catch the first scarf, clawing downward, then the second.
- Say verbal cues “toss, toss, catch, catch” or “criss-cross applesauce” to emphasize the rhythm.

### The Cascade – Three Scarves

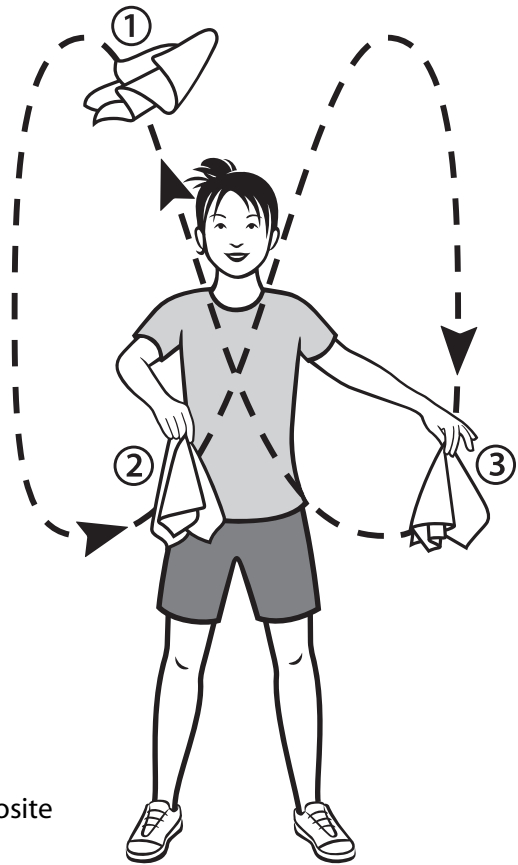
- Hold one scarf in each hand and a third scarf in the fingertips of one hand: this is the scarf you will throw first.
- When #1 gets to the top, throw #2 from the other hand.
- As the hand comes down from throwing #2, it catches #1.
- When #2 gets to the top, throw #3. It goes across on the same path as #1.
- As the hand comes down from throwing #3, it catches #2, and you throw #4 (which is #1 coming around again).
- Just keep alternating hands.
- Say cues “1, 2, 1, 2”.

Variations: Try the reverse cascade, columns and others.

Refer to *The Joy of Juggling: The Book* (refer to Action Pages!)

*Adapted from: The Joy of Juggling: The Book*

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# Try Juggling – Foot

## FOOTBAG

**Description:** The footbag, known to many as the hacky sack, is a small round object which is kicked in a number of activities and games. Players are encouraged to use their legs and feet to keep the footbag aloft for as long as possible. The players may also contact the footbag with their head, knees, or upper torso. Hands and arms may not be used.

### **Skills:**

*Toe Kick:* kicking with the toes curled inside the shoe.

*Inside Kick:* using the inside of the foot by bending the knee outwards and lifting the foot in front of the body to provide a flat kicking space.

*Outside Kick:* using the outside of the foot by twisting at the knee and offering the outside of the foot out to the side of the body as a flat space.

### **Action Tips:**

- The higher the footbag is kicked the more time there is to plan the next hit.
- Footbags can be easily made by hand using nylon stocking and dried beans.
- Play music to provide an invigorating and supportive environment or to create routines.

### **Activities:**

*Consecutive kicks, timed consecutive kicks or pairs consecutive kicks.*

*Freestyle:* Kicking the bag between friends is most frequently played by beginners who use it to hone their skills and gradually learn tricks. With experience, players work up to “net.”

*Footbag net:* a volleyball type game played with a bag back and forth over a net (tennis) or a line on the ground. In a net game, footbag skills are challenged as teams score points. The game consists of four players, two on each side, and uses a point system similar to that of volleyball.

*Footbag golf:* The object of golf is to traverse a course from beginning to end in the fewest number of kicks of the footbag. Each kick is made from where the footbag came to rest after the last kick. Footbag golf can be as challenging as any of the other footbag games, but it is the easiest to learn, because players are not required to link consecutive kicks.

*Footbag Frenzie:* Try to keep the footbag aloft for as long as possible in pairs or larger groups.

*Adapted From: Ever Active ... Everywhere, p. 14*

*Footbag Mania:* Let players practise solo. Then practise with a partner and together keep one footbag in the air. Then make groups of three and try to keep two footbags in the air. Then add a third bag.

*Adapted From: WIN Kids Fun Days, Wellness IN the Rockies,  
[www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)*



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