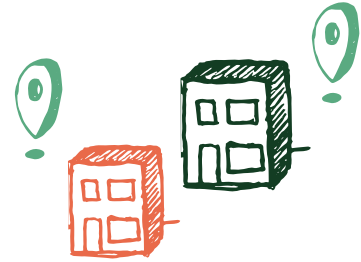




JUGGLING

Keep it off the ground!

A-Z



HOW TO PLAY LETS JUGGLE!

- > Put one ball in one hand and another ball in another
- > Throw one ball up in the air, and pass the other ball to the now empty hand
- > Try to catch the ball that's in the air with your spare hand
- > Do the same again
- > How long can you do it before a ball drops on the floor?

SUITABLE FOR: Ages 9-14

TAKES: 20-40 minutes



YOU WILL NEED:

- > 2 small balls - or things that can be used instead of balls, like a pair of rolled up socks



REMEMBER



This is quite tricky! You might want to start by using only one ball, passing and throwing it from one hand to the other. When you get the hang of it, bring in a second ball!

SAFETY...

Make sure the balls you use aren't too big or heavy!



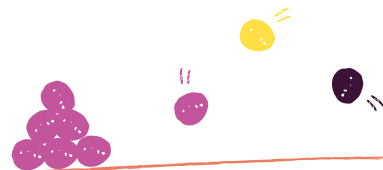
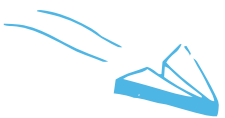
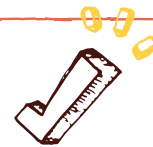
Why not try?

- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

Can you juggle with more than 2 balls?



ju:mp@HOME



For more fun activities visit:
JUMPATHOME.ORG

