A-Z School Games Challenge

C – Change4Life Challenge – Learn to juggle

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 and tag @SGOCoventryWest
**wider club activities**

<table>
<thead>
<tr>
<th>Skills</th>
<th>Example</th>
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<tbody>
<tr>
<td>Thinking me</td>
<td>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?</td>
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<tr>
<td>Social me</td>
<td>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.)</td>
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<tr>
<td>Healthy me</td>
<td>For next week, let's think about what it is about our club that makes us each feel good and happy.</td>
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<tr>
<td>Physical me</td>
<td>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.</td>
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<tr>
<td>Creative me</td>
<td>Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?</td>
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</tbody>
</table>

**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 can I juggle before dropping a ball'.
- Compete against other pairs or teams.

**equipment**

- Use crunched 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.

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**FUN FACT** – In 2017, Alex Barron of the UK the 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...

If you have enjoyed this challenge and would like access more activity ideas, plus some fantastic recipe’s click [here](#).

**FOLLOW, RETWEET, GET INVOLVED!**