

Learning Plan

Teacher: Litton, Cannella		Date: 5/12/2021	Unit: Juggling
Enduring Understandings: <ul style="list-style-type: none">Students will understand the benefits of knowing a lifetime sport.Students will understand the basic cues of juggling		Essential Questions: <ul style="list-style-type: none">What are the benefits of knowing how to juggle?What are the benefits of knowing a lifetime sport?	
VA SOLs			
9.1 The student will perform all basic movement skills and demonstrate movement and biomechanical principles in a variety of activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, and games and sports (net/wall, striking/fielding, and goal/target(s)). <ul style="list-style-type: none">a) Demonstrate proficiency and refinement in locomotor, non-locomotor, and manipulative skills through appropriate activities (e.g., outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, games and sports [net/wall, striking/fielding, and goal/target]).b) Design, implement, evaluate, and modify a practice plan for a self-selected skill, to include the motor learning process of analysis of performance; application of principles of movement and training; goal setting; and improvement of personal skills through practice, correction, practicing at a higher level, and reassessment.f) Demonstrate competency in one or more specialized skills in health-related fitness activities.			
Daily Learning Target(s) Displayed Student Learning Goal: Students will understand the basic cues of juggling and its safety precautions.			Materials: Projector and screen
Before Encounter With New Idea: <ul style="list-style-type: none">1. Dynamic Workout2. Watch Video https://www.google.com/search?q=how+to+juggle+3+balls&rlz=1C1AVFC_enUS731US731&oq=how+to+jugg&aqs=chrome.1.0i433j0j69i57j0l7.5254j0j15&sourceid=chrome&ie=UTF-8#kpvalbx=_BemZYMCiDPGk5NoP1pmOqAY90			Juggling balls
During Encounter With New Idea: <ul style="list-style-type: none">1. Start with one juggling ball and toss it from hand to hand to get comfortable with it.2. Use the one ball to create a cascading motion aiming slightly above you head.3. From one hand to the other it should be creating a rectangle above you.4. Those two points are what you're aiming for.5. Catch the ball slightly outside your shoulder and scoop it in for the next throw.6. Add a second ball.			

<ol style="list-style-type: none"> 7. You are still shooting for the same rectangular two points above your head. 8. The balls should alternate so you don't catch both balls at the same time. 9. Add a third ball where you hold two balls in your dominant hand and one ball in the other. 10. Still aim for those two points from before but start your throw with your dominant hand and try to alternate with the other hand. Try to get one rotation of all three balls. 11. Keep practicing that until you are ready to and a second rotation. 12. Keep adding rotations until you are comfortable with all three balls. <p>Additional Cues</p> <p>If you are having trouble throwing the balls, try throwing them and dropping them without catching them.</p> <p>Don't put your hands too high in the sky, keep them by your waist.</p>	
<p>After Encounter With New Idea: Application of learning. Do something with the new idea - rethink, practice, revise; analyze, process or refine the information.</p>	
<p>Ask students if they would practice juggling at home or with friends</p>	
<p>Lesson Reflection: Since this is the first lesson of this unit, there will be no formal assessment.</p>	
<p>Reflection Question: Did the students like juggling and may turn it into a lifetime activity?</p>	
<p>Formative Assessment(s)</p> <p>Discussion in class using application of knowledge from the unit.</p>	