



WEEK 10

HAMPSHIRE SCHOOL GAMES SECONDARY PERSONAL BEST CHALLENGES

JUGGLER: DO YOU HAVE THE **PERSISTENCE** TO LEARN TO JUGGLE?



Challenge

Can you juggle 2 objects consistently over and over?

Can you juggle 3 or more objects consistently?

How long can you keep those objects up in the air?

SPACE: Make sure you have enough space to 'walk' as you try to juggle

TASK: Can you juggle 2 objects, the 3, then more?

EQUIPMENT: Use juggling balls, tennis balls, rolled up paper or socks. Try empty or full plastic water bottles. Even scarves can be juggled. (Make sure your area is safe and clear of hazards and that you don't break anything valuable!)

PEOPLE: You can do this alone or challenge your family and friends. If you are in a wheelchair or walker, have a go too.



Fact File

- Juggling is associated with the circus.
- The earliest depiction of juggling was painted in Egypt in 2000BC.
- Ancient Chinese warriors would try to intimidate their enemies by juggling.
- Enrico Rastelli (1896-1931) is often considered the best ever juggler, juggling 10 balls at once.