

Hey everyone!

Welcome to a new way to get instruction! I hope all of you are doing well. As your Physical Education Teacher, I think it is important for me to tell you wash your hands. Often. Ok, now on with the lesson.

This week I want you to work on your **hand eye coordination**. We are going to do this by practicing catching. At the end of the lesson for the older grades, you will be learning to juggle.

**First...** Find a pair of socks and roll them up into a ball. I found that rolling two socks into one ball works the best for me. If you're into the challenges, by the time you get to #8, you will need 4 socks for k-2 and 6 socks for 3-5.

**Rule #1: always be responsible!** For this activity, being responsible means the sock ball should never touch the ceiling, and it should never touch another member of the household. Also, make sure you have enough room. We do not want to bump anything in the house.

**Start with...**

1. Toss the ball up and catch it with two hands. Practice for 1 minute.
2. Toss the ball up and catch it with the same hand. 1 min.
3. Switch to the other hand and toss and catch with that hand. 1 min.

**Now... challenge time!** Do the top three activities again, and this time if you drop the sock ball you need to do one push up. One push-up for each time the ball hits the floor.

**Ready for more?...**

4. Toss the ball up and switch hands going back and forth; from right hand to left hand and then left hand to right. 2 Minutes.
5. Pretend you now have on a baseball hat. If you have one, go get it and put it on. This time you want the ball to go just over the bill of the cap. Again, switching hands from right to left and then left to right. 2 Minutes.  
**BIG HINT:** This is the start of a cascade juggling pattern. In order to juggle you want the ball to go the same height every time, so concentrate on making it go just over the bill of the cap.
6. Little bit of fun: take the second sock ball and try to make and x tossing both at the same time and catching with the other hand at the same time. This is what many of you will think is juggling, but it is incorrect. Still, it is fun to practice catching.
7. The correct cascade juggling pattern is toss, toss, catch, catch. Start with one sock ball in each hand. Toss one ball up just above your forehead as that ball reaches its peak toss the other hand the same height catch the first ball with the hand that just tossed the ball and then catch the second sock with the hand that tossed the first ball. Toss, toss, catch, catch.
8. Once you can do this, it's time to add the third ball. Put two sock balls in your dominant hand and the other ball in your non-dominant hand. Always start by tossing one of the balls from your hand that has two sock balls. Yes, you only toss **one** of them with the first toss. The pattern is the same as above toss, toss, catch, catch, except you need to toss the third ball up when the second ball reaches its peak.

9. With your parents help, type in “how to juggle” or “how to juggle three balls” as a google search. There are a lot of YouTube tutorials that can help you see exactly what I have described above. They may even teach you different patterns and how to include extra balls. Have fun!

I recommend doing this lesson multiple times throughout the day, and week. Use it as a brain break from other educational activities you are doing. I think 15 minutes at a time would be perfect!

**Parents:** Try this with your children. Challenge and laugh with each other. At no time should this be stressful or cause problems. If it does, stop. Remember: Any other movement/exercise you and your children are doing is awesome. Stay healthy and enjoy your family. Have a great week everyone!

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