

Physical Education Enrichment Activity Lesson



Title: Zumba and Juggling

Grade: K-2

Summary: Follow along with Zumba video and work on becoming better at Juggling. This can be done inside or outside. If you choose to do the juggling inside, ask parent or guardian before you begin. Wear sneakers! This should take about 30 minutes.

Materials: Internet access, three plastic grocery bags

Fitness: Follow the Zumba moves.

1. Before starting, place your hand on your chest and notice how soft your heart is beating. When you finish the Zumba workout, notice how your heart beat changes.
2. Watch and workout with this video. Click this link: <https://video.link/w/txC7>
3. Repeat. Do this workout 2 times.

Time to Move!



Juggling

1. Watch and practice 2 scarf (plastic bag) juggling: <https://video.link/w/y0C7>
 - a. Try to complete to pattern (throw, throw, catch, catch) 10 times
 - b. For more challenge try 3 scarf (plastic bag) juggling watch video and practice: <https://video.link/w/e2C7>

c. Try to complete the three scarf pattern (10 times)

2. Variation: Try 3 scarf juggling in 1 up/ 2 up pattern. Watch video and practice:
<https://video.link/w/Z3C7>

a. Try to complete the pattern (10 times)

b. Show someone your favorite juggling pattern.

c. Try to teach your favorite juggling pattern to someone else.

Optional: Take a picture of you practicing and send it to your PE teacher at their school email address!

*Congratulations! You completed this PE Enrichment Activity Lesson!
Remember to clean up and put away all your materials.*

Modifications:

If the above is too challenging, try this.

1. Toss and catch using just one hand.
2. Using the other hand toss and catch with one hand
3. Toss and catch the plastic bag in one hand and catch in the other hand.