

Physical Education Enrichment Activity Lessons



Title: Zumba and Juggling

Grade: 3-5

Summary: Workout with Zumba fitness move, and then have fun juggling. This can be done inside or outside. Wear sneakers! This should take about 30 minutes.

Materials: Internet access, 3 sock balls (roll 2 socks together to make 1 sock ball)

Fitness: Zumba fitness

1. Before starting, place your hand on your chest and notice how soft your heart is beating. Can you find your pulse at your neck or wrist? When you finish the Zumba workout, notice how your heart beat changes. **Do 2 or more Zumba videos.**
2. **Click and follow Minions Zumba video!** <https://video.link/w/25V7>
3. **Click and follow Old Town Road Zumba video!** <https://video.link/w/J6V7>
4. **Click and follow I Like Move It Zumba video!** <https://video.link/w/M7V7>



Time to Move!

Juggling Challenges

1. The following video will walk you through 1 ball, 2 ball, and 3 ball juggling. **Stop the video after each segment to practice** the skill before adding more balls.

- a. Watch 1 ball juggling and practice (10 times)
- b. Watch 2 ball juggling and practice (10 times)
- c. Watch 3 ball juggling and practice (10 times)
- d. Watch video and then practice: <https://video.link/w/j9V7>

2. Variations. 3 ball juggling tricks. **Watch the follow video and try to learn 2 juggling tricks**

- a. Watch and practice! <https://video.link/w/tAV7>
- b. Show someone your favorite way to juggle.
- c. Teach someone how to juggle.

Modifications:

Materials: 3 plastic grocery bags

- 1. **Watch and practice 2 scarf (plastic bag) juggling:** <https://video.link/w/y0C7>
 - a. Try to complete two 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 to pattern (10 times)

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