



**BOYS & GIRLS CLUBS**  
OF PALM BEACH COUNTY

## **INTO THE WILD- SUMMER 2021**

### **Activity Guide**

**Weekly Theme:**

**Field trip for the week:**

**Date of activity:**

**Grades:**

**Activity objective:** What will the members learn or experience?

**Materials needed:**

**Community Builder:**

**Main Activity:**

**Recognition and Reflection:**

# Learn to JUGGLE!



## **1** Choose the right object & start with just 1.

Start with the SCARVES, when students can successfully juggle 3 scarves, then they should start with 1 ball and work their way UP to 3 balls.

Have the student practice tossing one item (underhand) from hand to hand in an arc, keeping hands at waist level and elbows at sides and the tosses at an even height. Explain what an “arc” is: perhaps, “throw it in a rainbow” would be more descriptive.

Focus on consistency. Still only using one object, encourage your student to toss back and forth and to keep the ball on a plane in front of him or her. Your student should not have to reach out or in to make a catch.

## **2** Add a second object- now we are tossing and catching 2!

This is the most important step, as you will now be teaching the exchange. This is the nearly simultaneous catch and throw that is at the foundation of juggling. Have your student start with one item in each hand. Throw from the weak hand (left if right handed, right if left handed) and as the throw begins to come down toward the opposing hand, toss the second item. The rhythm is: “toss toss, catch catch.” BOTH items travel in an arc, a “rainbow”. If done correctly, the hand motion for the throw should leave the palm in perfect position to catch the first item.

Practice. At this point your student will be eager to move on and get to the three object juggle, but you should encourage them to work with 2 objects until every throw is going to about the same height.

# Learn to JUGGLE!



## **3** 3 Times the CHALLENGE, 3 times the FUN!

Once the student is exchanging the 2 objects well with both hands, they are ready to take the next step. Pat your student on the back and tell them that they've already learned to juggle. They might doubt that since they still haven't added the third object yet, but the hardest part is over.

Now, add the third item.

Have your student start with one object in their weak hand and two in their strong hand.

Begin with a single throw from the strong hand and then make one exchange after the other. The rhythm with 3 objects is still "toss toss, catch catch" but now every catch requires a toss to keep all 3 objects moving.

REMIND students that THIS TAKES PRACTICE!

Have them practice, practice, and practice some more. There is no substitute for repetition. Most students will give up before they master this basic pattern, but with plenty of encouragement and corrective advice, you can make all the difference.

It helps to put on music and have students really enjoy the practice. Every DROP is an OPPORTUNITY to try again, not a failure. If juggling were EASY- EVERYONE COULD DO IT! But juggling takes practice, and you can MODEL the kind of self-congratulations for every small accomplishment along the way: "Yes! I did it! Oh, yeah- I DID IT AGAIN!"

# Create your own HOOP DANCE!



## 1 Warm up time!

Before the hoops come out, play a few rounds of FREEZE DANCE to get everyone moving and grooving!

## 2 Waist hooping 101

Most likely, the hoops we have at our clubs are TOO SMALL for an ADULT to use comfortably. You do NOT need to hula hoop yourself to teach others how to do it: use a student who ALREADY KNOWS how to hula hoop as your DEMONSTRATION, and follow these guidelines-

1. Place the hula hoop around your waist. Hold it horizontally (flat, like a pancake) and make sure you can feel it hugging your back. It has to TOUCH YOU in order to spin around your body without falling.
2. Wind Up: holding the hoop with your hands while it's around your waist and touching your back, twist the hoop around to one side, pulling it around you with your hands.
3. Throw the spin: now, PUSH it STRONGLY with your hands as you release the hoop, sending it spinning in the opposite direction of your twist! IMMEDIATELY start to wiggle your body to push the hoop around and around. Use your midsection to push on that hoop with each rotation to keep it spinning.
4. Encourage students even when the hoops fall down- that's a CELEBRATION, not a failure. Besides, there's more than 1 way to dance with a hoop!
5. For students who can waist hoop with ease, challenge them to spin in a circle WITH or AGAINST the hoop's rotation, walk, run, or dance with their arms AND legs while they hula hoop.



### **3 Arms & hands- coordination and balance!**

Invite students to spin a hula hoop on their arm! If there's space to safely roll the hoops, have students practice rolling hoops back and forth. They might even be able to duck down and zip through a rolling hoop! Balancing a hoop takes extra strong hands and practice, but anyone can do it: hold the hoop in your outstretched hand, and ANCHOR YOUR EYES to the top spot on the inside of the circle. Then, slowly, release your grip so it's resting gently in your open hand, and you are adjusting as needed with your eyes GLUED to the TOP INSIDE of the circle.

### **4 Feet & legs- stepping through!**

For a simple step through, swing the vertical hoop across your body and step in with the OPPOSITE leg first, passing the hoop over and around your body as you step out with the SAME leg as the hoop-carrying arm.

### **5 Hula hoop statues- pose challenge!**

This challenge is just like freeze dance, but every pose requires a unique hula-hoop pose! Challenge students to dance WITH the hoop, and pose with creativity each time the music stops!

### **6 Make up your own hoop dance!**

Take your waist hooping, your arm spinning, your step-through and balance and OF COURSE your statue poses and put them all together for a hoop dance combination! Make sure to give every student who wants to a chance to be in the spotlight to show their hula hoop dance creation!