Juggling, jump bands, and cooperation

**Juggling** - Activity breaks in the classroom or towards the end of the year after the mile or intense workout.

Toss- Toss- Catch- Catch

**Scarves** - 1 scarf, then 2, then 3  (3 scarf cascade)

3- hold scarf with the pinkie in the hand you want to use first

Partner assist and teaching the pattern (pause the scarf/ball at the apex of the toss to allow the person to process the pattern in their brain and they can see a mistake they are making with their hands or toss).

**Core Break**

Use tabata method of short intense intervals- push-ups, squats, crunches, etc

Hacky sacks with a partner- plank position, roll back and forth alternating hands/arms

**Unicycle and Box Hockey** - can be used for advanced students, to elevate the heart rate, as a separate station, etc.

Hacky sacks/Juggling balls- start with 1, then 2, then 3

**Jump Bands** - Groups of 3-5

Basic jumps- in/in/out/out

2 groups combine, 3 groups combine, 4 groups, entire group

Box hockey website and order info- [http://www.box-hockey.com](http://www.box-hockey.com)