

Power Skills



Cooperative and teamwork challenges

Team Games and Fair Play

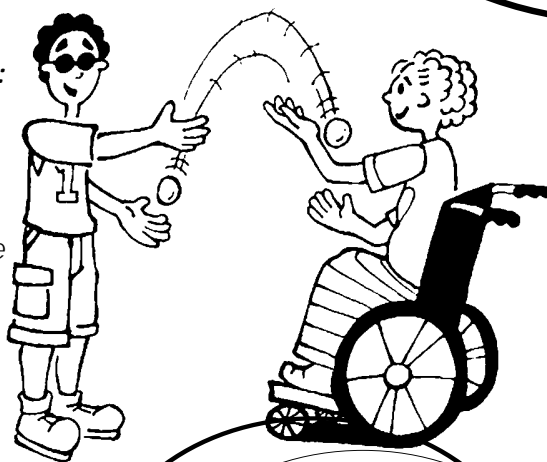
GROUP JUGGLE

Ready

- Stand 4 steps away from your partner.
- Find a bunch of objects to juggle (e.g. sockballs, bean bags, crumpled up pieces of paper).
- Using the underhand throw, toss a ball back and forth in a smooth rhythm. Add another object so each ball is travelling in the air toward the other person at the same time.

Try three balls at the same time:

- Monica starts with two objects (one in each hand) and Jack has one object.
- They both throw the ball in their right hand so the balls are in the air at the same time. Then they catch the ball thrown to them with their right hand.
- As Monica catches with her right hand she throws the ball in her left hand to Jack who catches it with his left hand.
- They start the process again by both throwing the balls in their right hand.



HEART LEADERS!

Teach other friends, family members, neighbours, classmates or teacher how to juggle!



Tips to using more than one ball:

- Start slow and close together. As you get better move further apart.
- Each of you should toss one ball at a time.
- Get in a rhythm.
- Toss in an arc rather than directly at the person.

Turn up the heat!

You add the challenge!

- Use your feet to keep the bean bag up in the air.
- Use your head to keep a balloon up in the air.
- Create a game that involves juggling.

Wise Words

Choose words for each letter to describe good cooperative teamwork.

T _____

E _____

A _____

M _____

W _____

O _____

R _____

K _____