

Subject	Physical Education
Summary of S1 Curriculum	<p>Students in S1 get 2 periods of PE and 1 period of wellbeing a week.</p> <p>In PE, we cover many different activities from team games like basketball, hockey, speedball and water polo, to individual sports like badminton, gymnastics and fitness. You will learn about how to work under pressure, make effective decisions and communicate successfully.</p> <p>In Wellbeing, we look at opportunities in the community to enhance your wellbeing and work towards improving your physical health by completing a 5k challenge.</p>
Task	<p><b><u>Learning Intention:</u></b></p> <ul style="list-style-type: none"> <li>-To develop my juggling skills</li> </ul> <p><b><u>Success Criteria:</u></b></p> <ul style="list-style-type: none"> <li>- I can stay <u>focused</u> by practising each stage over and over</li> <li>- I can use my hand-eye <u>coordination</u> to help keep the balls in the air for as long as possible</li> <li>- I can use my <u>resilience</u> to keep trying to improve over time</li> </ul> <p><b><u>Task:</u></b></p> <p>Learning to Juggle - from 1&gt;2&gt;3 balls</p> <p><b><u>Equipment required:</u></b> 3 juggling balls OR 3 rolled up socks OR 3 tennis balls OR 3 beanbags</p> <p><b><u>Step 1: One Ball (Practise and repeat for 2-5 minutes)</u></b></p> <p>Imagine a <u>box</u> in front of you - the box should be the same height as the top of your head. Throw one ball from your right hand to the opposite top corner. Then try the same with your left hand.</p> <p><b><u>Step 2: Two Balls (Practise and repeat for 5-10 minutes)</u></b></p> <p>Hold one ball in each hand. REMEMBER THE BOX! Throw the ball in your right hand to the opposite corner of the box. As the ball peaks and starts to fall, throw the ball in your left hand to the opposite corner of the box.</p> <p><b><u>Step 3: Three Balls (Practise and repeat for 10-15 minutes)</u></b></p> <p>Hold two balls in your right hand and one in your left. Repeat step two, but this time as the second ball hits its peak, throw ball 3. You should now have two balls in your left hand, and one in your right. Repeat this a lot. Then try to gradually throw more times without stopping.</p>

**Top tips:**

- The more you practise each step, the better.
- Keep your elbows at your side.
- Aim to only throw the balls up to the top of your head.
- Look up juggling tips and videos on YouTube for visual learners!
- Don't worry if you don't get all 3 steps. It can be hard to master



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Send us your juggling attempts; the best video wins a prize!