



How high?

Players work in pairs, one player is the 'clown' and the other is the lion tamer, positioned at the starting line [centre of diagram]. Clowns throw their juggling object and try to run to the line behind them before the lion tamer catches it.

What you need

- > 1 juggling object per pair e.g. scarves, plastic shopping bags (easier), bean bags, juggling balls or juggling rings (harder)

What to do

Setting up

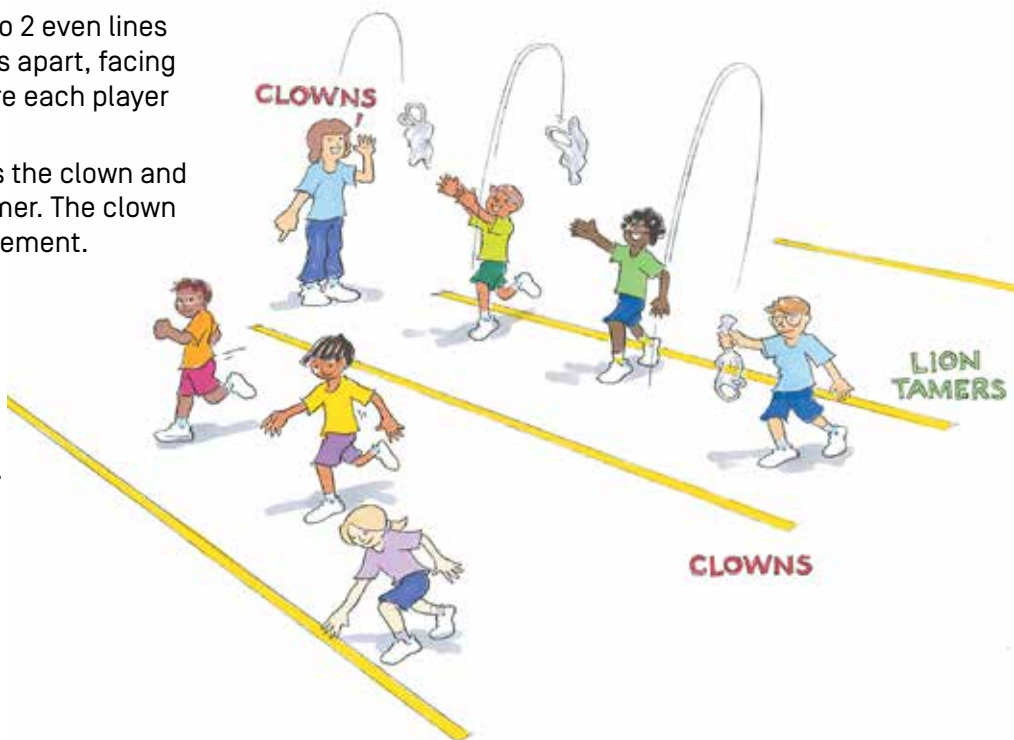
- > Arrange the players into 2 even lines approximately 2 metres apart, facing each other, making sure each player is facing their partner.
- > One player in the pair is the clown and the other is the lion tamer. The clown holds the juggling implement.

Playing:

- > On the call 'THROW', the clown throws the juggling object as high as possible and sprints to the line behind them. The lion tamer tries to catch the juggling object before the clown reaches the line.
- > After 3-5 attempts, partners switch roles.

Scoring

- > A point is scored each time a player makes it to the line before their partner catches the juggling object.



Safety

- > Check there is enough space between each pair.
- > Make sure players run in a straight line when running to the line.

Ask the players

- > What is the cue you use to move to catch the thrown object [e.g. verbal, visual]?
- > How can you change your throw so the object travels higher?
- > What's the best way to throw the juggling object high?
- > Are some objects easier to throw high than others?
- > Why do you think this is the case?

LEARNING INTENTION

How high? is a simple energetic and fun activity that teaches proper throwing and catching technique and helps develop hand-eye coordination.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION REACTION TIME

PERCEPTUAL AWARENESS

REASONING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43