<table>
<thead>
<tr>
<th>Type of activity</th>
<th>Teaching points or Critical features</th>
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| 1. One object. One hand arc throw object to eye level height to land in other hand. Do with other hand back. Alternate both hands and remain stationary. | • Start with object in **dominant hand**.  
• Throw using whole arm in an even **egg beater action**.  
• Swing throwing arm to mid-line of body then release.  
• Watch for object tracing an even arc to **eye level height above receiving hand**.  
• Repeat after catch. |
| 2. Two objects throw and catch. Toss one then the other up and under the first. Catch both objects remaining stationary. | • Toss first object eye level height, as it is above receiving hand send other object eye level height **up and under** the first one to above receiving hand. Do with a swing action  
• **Count 1….2 as toss objects.**  
• Develop a **smooth rhythm** to your throwing action.  
• Practice non-dominant hand if arc pattern uneven. |
| 3. Repeat task in 2 but do six tosses successfully. | • Focus on even swing with arms in towards mid-line of body.  
• **Action is like an egg-beater.**  
• Count as release "1….2….1….2….1….etc."  
• Aim to point eye-level above receiving hand. |
| 4. Using three objects from basic start position toss two objects adding the third then catching all three objects. Remain stationary as juggle. | • **Basic start position** is two objects in dominant hand, spare object in other hand.  
• Initial juggle two objects counting "1….2….3" but **fake** throwing the third object. Move hand as if throwing.  
• Throw all three objects but don't catch. **Listen to rhythm** as objects hit floor---it should be even  
• Try tossing and catching as many as you can  
• Review previous points as practice catching all three objects. |
| 5. Using three objects from basic start position toss and catch three objects to a smooth rhythm in three of more complete cycles, without moving. | • Usually the third object is held too long. Concentrate on an even **rhythm, height and accuracy** of toss.  
• Avoid tossing with the wrists. **Swing arms.** |
| 6. Add tricks to juggle. Change height. Try over action toss. Try circle action juggle. | Research teaching points and bring to class. |