

Name of exercise	Tennis ball juggling 3
Description of exercise	<p>Begin with 2 tennis balls – one in each hand</p> <p>Exchange both of the balls from hand to hand with a high toss – this needs to have a distinct ‘1’ then ‘2’ rhythm</p> <p>Then begin with three tennis balls, - two in the dominant hand, and one in the other hand</p> <p>Exchange each of the balls with a high toss – this must begin with the hand holding two tennis balls, and must have a clear ‘1’, then ‘2’, then ‘3’ rhythm</p>
Key themes that this exercise can support	Coordination, sequencing and rhythm
Emphasised at	Second Levels
Appropriate for	Early - Second Level

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