

Name of exercise	Tennis ball juggling
Description of exercise	<p>Start skipping making individual patterns on the floor, while carrying the tennis ball</p> <p>Circulate the tennis ball around the body, changing it from hand to hand as it rotates</p> <p>Circulate the tennis ball around the body and make the change of hands with a low toss and catch in front of the body</p> <p>Repeat the sequence and then make the exchange with a low toss and an overhand catch</p>
Key themes that this exercise can support	Coordination and sequencing
Emphasised at	First and Second Levels
Appropriate for	Early - Second Level

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