

Name of exercise	Tennis ball juggling 2
Description of exercise	<p>Begin walking while holding two tennis balls</p> <p>One ball is tossed high, one ball is exchanged low</p> <p>Reverse the action</p> <p>One ball is tossed high, then the other hand exchanges low, then the now free hand touches the opposite shoulder before catching the high ball</p> <p>Reverse the action</p> <p>Same action but catch the high ball with an overhand catch</p>
Key themes that this exercise can support	Coordination, sequencing and rhythm
Emphasised at	Second Levels
Appropriate for	Early - Second Level