

<b>Name of exercise</b>	<b>Two handed juggling</b>
Description of exercise	<p>Begin with partners facing each other 2m apart</p> <p>Both partners are holding a ball</p> <p>Learner A tosses their ball to their partner, using two hands for the toss, and making a 'soft rainbow' flight line</p> <p>Learner B first tosses the ball they were holding into the air, then catches and returns the ball tossed to them by their partner, before completing the sequence by catching their own ball.</p>
Key themes that this exercise can support	Coordination, focus of attention, rhythm and timing
Emphasised at	Second and Third Levels
Appropriate for	Second – Fourth Levels

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