



# Juggle applause

Players line up in 2 equal lines facing one another. One line throws their juggling object as high as possible and then catches it. Each person's partner in the opposite line claps as many times as possible between the throw and the catch. (Play with two teams of 4–10.)

## What you need

- > 1 juggling object per pair e.g. scarves, plastic shopping bags (spider throw), bean bags, juggling balls, or juggling rings (cascade throw)

## What to do

- > Arrange players into 2 even lines, approximately 2 metres apart, making sure each player is facing their partner.
- > One player holds a juggling object and throws it to themselves using either the spider throw or cascade throw.
- > The player opposite starts clapping as fast as possible between the throw and the catch.
- > The aim is to clap as many times as possible between the throw and the catch, thus encouraging long, slow throws.
- > Players then swap roles.



SPIDER THROW

CASCADE THROW

### Spider throw:

- > Hold the scarf with the face of the palm downwards and the fingers downwards like the legs of a spider.
- > To throw, bring the right hand from hip height quickly across the body above the left shoulder, extending it fully.
- > Release the scarf when the arm is fully extended.
- > Catch the scarf with the opposite hand, at hip height, keeping the 'spider' hand position.

### Cascade throw:

- > Hold hands at hip height and throw the ball no higher than the height of the forehead.
- > Throw the ball from one hand to the other, making an upside down 'v' through the air.
- > Hands should remain at hip height and shoulders relaxed.

## Change it

- > Add a second juggling object. Clapping only starts when the second juggling object is thrown, and stops when it is caught.

### LESSON LINK:

*Juggle applause* allows players to get a sense of the rhyme, rhythm and technique required to juggle properly.