

Read

Before you read

Look at the title and pictures. Has this text been written to entertain you or to teach you how to do something?



Juggling for beginners

You need:

- three small balls or socks rolled into balls (the same size or weight)
- a lot of determination.

Instructions

Step 1: throw one ball

Keep both hands in front of you at waist level. Practise tossing a ball in an arc from one hand to the other. Toss the ball at eye level. Move your elbow, not just your wrists.

Step 2: throw two balls

Hold one ball in each hand. Throw ball 1 from your right hand to your left hand. When ball 1 is at the highest point of the arc, throw ball 2 from your left to your right hand. Catch ball 1 with your left hand, and catch ball 2 with your right hand. Repeat, but start with your left hand instead of your right hand.