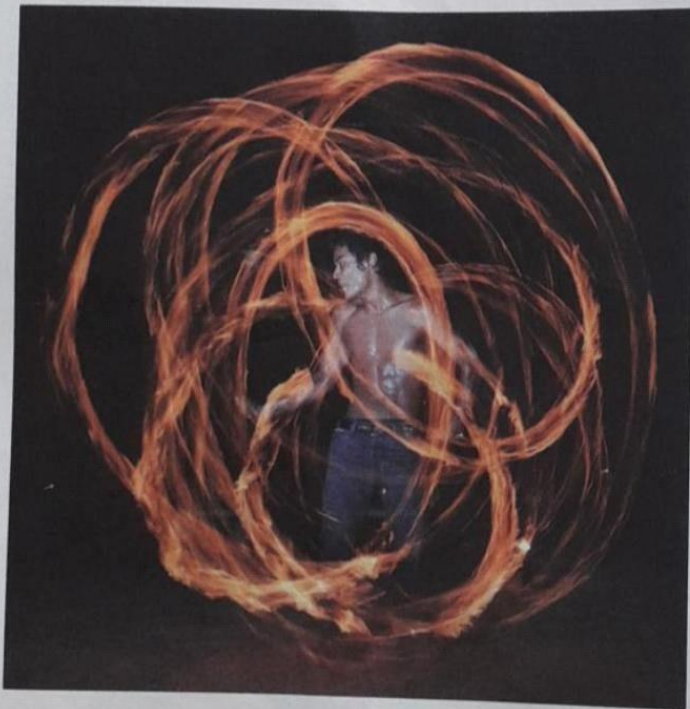


## After you read

1. Use balls, bean bags or rolled socks and follow the instructions for the three steps given on page 61.
2. a) Which of the following do you think is the most important thing you need in order to juggle? Give a reason for your answer.  
A good ball skills  
B determination  
C the right balls  
b) Why do you start practising with one ball and build up to throwing three balls?  
c) Write down three command verbs that are used in the instructions.
3. Rewrite the paragraph below. Add full stops and capital letters so that there are five sentences.



Don't try this at home!

Juggling is very **beneficial** in many ways it helps a person to relax and provides hours of focused fun it also improves your hand-eye **co-ordination** and makes your **reflexes** quicker. juggling is an excellent way to take a break when you are studying it is cheap, fun and makes a good party trick

4. Use the text to help you work out the meaning of each word.  
a) arc  
b) determination  
c) the difference between practice and practise
5. Use a dictionary to check your answers.

### Word list

**beneficial** – good for you

**co-ordination** – how different body parts work together

**reflexes** – very fast reactions.

## Language practice

### Command verbs or imperatives

Instructions use command verbs to tell clearly what to do. Examples: cut, hold, mix, stand, stick