

**8/17-8/18 Lesson**

**Meet will be recorded**

# Flip Grid Tutorial

<https://www.youtube.com/watch?v=6tfoCgQuqcw>

## Flip Grid Activity

Period 1: <https://flipgrid.com/3ca0d996>

Period 3: <https://flipgrid.com/385c7fcd>

Period 5: <https://flipgrid.com/886d7e6e>

# Nearpod Tutorial

<https://www.youtube.com/watch?v=vuQYtMIGtL4>

**Class Story  
Icebreaker....(I will  
randomly call on  
students to  
complete the story**

# Rules:

- **Appropriate classroom language**
- **Nothing about guns, violence, gangs, swearing, sex and drugs. Rock and roll is perfectly acceptable**
- **Be prepared with a sentence to build upon the previous sentence, “I don’t know” is not acceptable.**



**Story Starter:**

**“Once upon a time...”**

# Stretch Time!!!





# Cardio Warm Up







**5 minute break**

**Get your  
materials ready.**



# Juggling

## Benefits:

Juggling boosts brain development. Research indicates that learning to juggle accelerates the growth of neural connections related to memory, focus, movement, and vision. The beneficial changes persist even after weeks without practice.

It also increases:

- Builds hand-eye coordination
- Improves reaction time
  - Reflexes
- Spatial awareness
- Strategic thinking
  - Concentration
- Growth-mindset

While juggling may seem and be difficult to master at first, it becomes easier once you've learned the basics and practiced it.

# Poll

- ☐ A. Yes- I consider myself an expert (and can be used for demonstrations)
- ☐ B. Yes- I can go for a little bit, but feel I still need practice
- ☐ C. Yes- just a couple throws and then have to start over
- ☐ D. No- I tried and found it very difficult
- ☐ E. Never tried it

## How to Edit

Click [Edit This Slide](#) in the plugin to make changes.

Don't have the Nearpod add-on? Open the "Add-ons" menu in Google Slides to install.



# Scarf Juggling

- Little different because they are harder to throw
- Pick up and then let them fall
- Hold scarf in the middle

<https://youtu.be/1esOebTkDZo>

## 1 Scarf

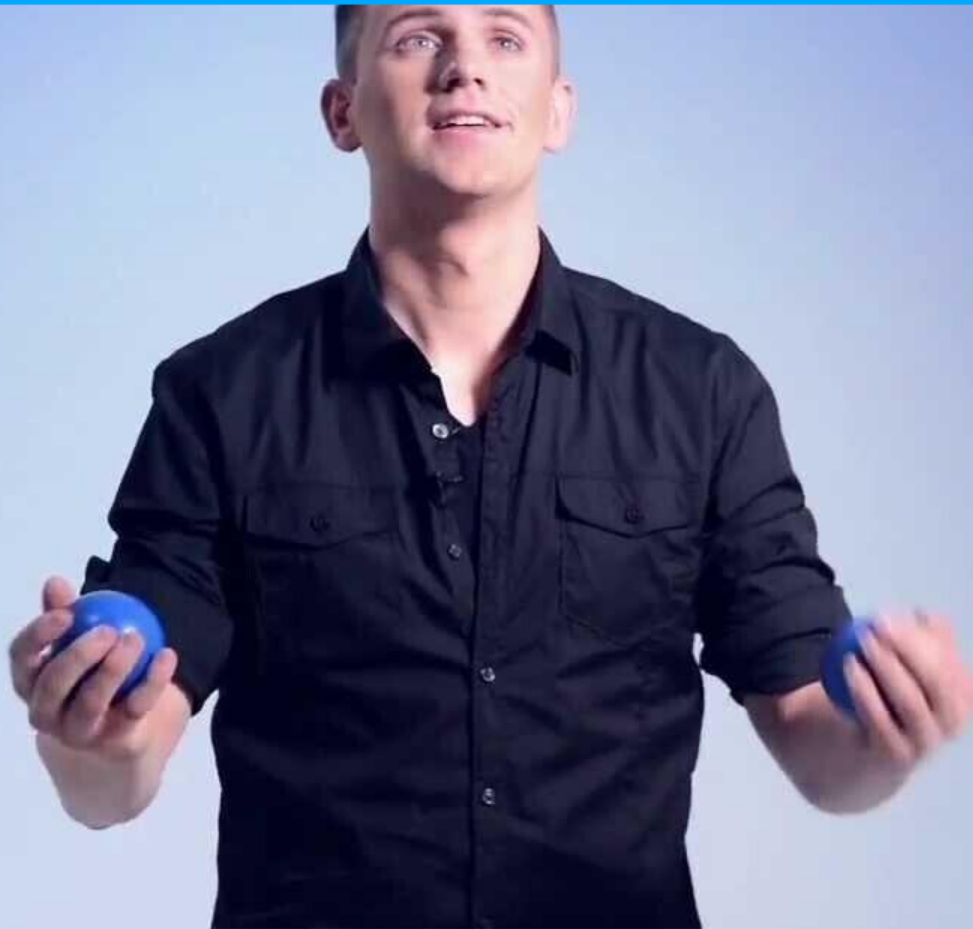
- Bring scarf up and across body
- Drop in front of opposite hand
- Let it fall and catch with opposite hand
- Practice 1 scarf juggling with each hand







# Draw It



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## 2 scarf juggling

<https://youtu.be/ve2FKNctOBg>

- Repeat same motion with scarf 1 but as soon as it starts to fall you do motion with scarf 2
- Scarf 2 hand immediately catches scarf 1
- Scarf 1 hand catches scarf 2
- Repeat



# Flip Grid Activity:

- You have the remaining class time to record a 45 second clip of you performing a 2 scarf juggle.
- Practice, practice, practice and submit your best attempt
- It is to be submitted no later than 2 minutes after the end of class.
- You may turn off your camera, but do not log out of the Google Meet, so you can hear me if I need to give more instructions.
- You can turn your microphone and camera on at any time to talk to me if you need help.
- Cameras back 2 minutes before the end of the period to do a wrap up.

# Juggling 3 scarves

- Start with 2 scarves in 1 hand and one scarf in the other
- Begin with the hand that has 2 scarves
- Repeat motion of crossing body with arm and dropping above opposite shoulder
- Repeat with other hand
- Instead of stopping continue movement with 3rd scarf

<https://www.youtube.com/watch?v=uWiZ4fNqu5c&t=7s>

