

“Body Look Fors”

Toss at least to highest reach

Athletic ready

Palms up

Catch at a medium level

Challenge	Criteria	Self	Peer	Teacher
A. Toss & Catch with 2 hands	10 X IAR			
B. Toss & Catch with right hand	10 X IAR			
C. Toss & Catch with left hand	10 X IAR			
D. Bounce & Catch with right hand	10 X IAR			
E. Bounce & Catch with left hand	10 X IAR			
F. V - Bounce & Catch	10 X IAR			
G. Toss, clap 4 times & catch	2 X IAR			
H. Toss, turn 360' & catch after bounce	2 X IAR			
I. Figure 8 toss & catch	10 X IAR			

J. 1 Ball Scoop Juggle Toss & Catch	10 X IAR			
K. 2 Ball Scoop Juggle Toss & Catch	10 X IAR			
L. 3 Ball Cascade Pattern	10 X IAR			

M. 2 Balls – Right Hand	10 X IAR			
N. 2 Balls – Left Hand	10 X IAR			
O. 3 Ball – Over The Top Pattern	10 X IAR			

P. Alternating Behind The Back & Over The Shoulder	10 X IAR			
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Q.	10 X IAR			
R.	10 X IAR			
S.	10 X IAR			

* IAR = In A Row