



Australian Government
Australian Sports Commission



Clown bow

A

Players stand in a line with a juggling object each. Each player throws their juggling object up in the air and then moves to the left to catch the next juggling object. The person on the end has to run to the other end and catch that juggling object before it drops to the ground. (Play in groups of 5.)



What you need

- > 1 juggling object per player e.g. scarves, plastic shopping bags (easier), bean bags, juggling balls or juggling rings (harder).

What to do

- > Players line up, standing shoulder to shoulder about an arm's length apart.
- > On your signal, each player throws their juggling object up in the air and then moves to the left to catch the juggling object thrown by the player on their left.
- > The player at the far left of the line runs to the other end and catches that object before it drops to the ground.
- > Players must throw and step in a rhythm and keep the line constantly moving.
- > See how long the group can keep juggling.

Change it

- > Increase or decrease the distance between the players to suit ability.

Safety

- > Check there is enough space between players/groups and that players are away from walls or other obstacles.
- > Use juggling objects that match players' ability.

Ask the players

- > How can we work together to ensure the last player catches the juggling object?
- > Is it better if you throw the object higher or lower?

LESSON LINK:

Clown bow is a fun introduction to juggling that encourages teamwork and coordination.

SESSION PLANS

Combos > Start Out MV 06A + Get Into It MV 11A + Get Into It MV 12