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# Discipline - Juggling

7/8/9 PE

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# Purpose

To use self discipline, self motivation, and practice to achieve something new.

# Task

To learn to juggle 3 objects in the traditional way.

To track your practice, milestones, setbacks, resources, etc. and present them to Mrs. Fisher using a presentation app or program.

To be able to juggle for at least 30 seconds.

You will complete most of your progress on your own time (minimal class time will be given).

# Rubric

	1	2	3	4
<b><u>Juggling Results</u></b>	<p>No sign of improvement.</p> <p>Did not practice/perform task.</p> <p>Gave up without practicing.</p>	<p>Very little sign of improvement.</p> <p>Tried task, but with very little accomplished.</p>	<p>Definite signs of improvement.</p> <p>Performed task: 10–30 seconds of juggling.</p>	<p>Definite signs of great improvement.</p> <p>Performed 30 seconds of controlled juggling.</p>
<b><u>Presentation</u></b>	<p>Nothing to show.</p> <p>Did not complete task.</p> <p>Gave up without practicing.</p>	<p>Very little detail.</p> <p>No sign of tracking practice time and improvement.</p> <p>No sign of using resources/trying new equipment.</p>	<p>Presentation completed with medium effort.</p> <p>Tracking of practice time and improvement.</p> <p>Use of resources, and trying different equipment/techniques.</p>	<p>Presentation complete with great detail and effort.</p> <p>Detailed tracking of practice time and improvement.</p> <p>Citing of resources (web–sites, experienced jugglers, etc.), and details of different equipment and techniques used.</p>