

JUGGLING

Melissa Uhl



Juggling is a fairly safe and inexpensive activity. Juggling props can either be homemade or store bought, ranging from a few dollars (to create homemade props) to a few hundred dollars depending on the prop and brand [2,4]. Some props include balls, beanbags, rings, and clubs [1]. This activity requires hand-eye coordination, which can be improved with practice [2]. Juggling is commonly performed individually through object play, but it can also be social play with the method of passing between jugglers [1] or in the game called "Combat" which involves participants juggling a 3-club pattern and trying to knock another juggler's clubs to the ground without dropping their own. Juggling is locomotor-rotational play as well; one must rotate their arms in order to juggle properly and "Combat" involves walking around.

Juggling can act as a form of exercise as it is a highly aerobic activity, which increases the heart rate and respiration. It also helps with one's physical fitness and balance, as well as developing quick reflexes; these reflexes are formed through repetition [2]. Juggling can also be a very relaxing activity, through a form of meditation. Juggling a repeating pattern can take one's mind off the stresses of their every day life [2]. Research shows that juggling also helps in the development of the brain, problem solving skills, and also helps in the treatment of attention deficit disorders, dyslexia, and hyperactivity [5]. There aren't too many costs of juggling, besides the possible financial costs of props. Not a lot of injuries occur, just a few bumps and bruises from dropping props [3].



Bibliography:

- [1] Wikipedia.org, Juggling
<http://en.wikipedia.org/wiki/Juggling>
Accessed 2011-Feb-10
- [2] Wikipedia.org, Toss Juggling
http://en.wikipedia.org/wiki/Toss_juggling
Accessed 2011-Feb-10
- [3] The World Juggling Federation
<http://www.thewjf.com/forums/viewtopic.php?t=630&sid=70f52ef67f38377b266625ef1e424af4&PHPSSESSIONID=95>
Accessed 2011-Feb-10
- [4] Dube Juggling Equipment
<http://www.dube.com/>
Accessed 2011-Feb-10
- [5] Benefits of Juggling
<http://benefitof.net/benefits-of-juggling/>
Accessed 2011-Feb-10

Image Sources

- <http://www.oddballs.co.uk/images/thuds-all1.jpg>
- http://www.galchenko.com/oldsite/pictures/IJA/2004/Individual_Prop_Competition/6_club_passing_routine_4.jpg
- http://www.dube.com/blog/wp-content/uploads/2010/04/IMG_1985_ShowJG.jpg
- http://farm1.static.flickr.com/77/197801628_5e9797cb9c.jpg?v=0