# Team Juggling — STAR Passing

**Goals:**
- To pass and catch a ball (or multiple balls) among a group in a star passing formation
- Working as a group to complete a number of successful passes and catches

**Bullying Awareness Concepts or Goals:**
- Using Bullying Awareness terminology during activities
- Answering questions on Bullying from worksheet

**Recommended Grade Level:** Grades 3-12

**Space or Activity Area:** Large activity space

**Equipment/Materials Needed:**
- 1 orange game ball or object for each participant, **#W18715—Bullying Awareness Playground Ball - 8.5”**

**Description of Activity/Game:**
- This example will be in a 5-pointed star formation. You can use a 7-pointed star or just a circle.

### Activity 1: Pass and Catch 1 Ball Around the Star
- Form the Star formation with 5 players
- Each player has a ball by their feet
- Player #1 picks up ball and passes to #2
- #2 catches and passes the ball to #3
- #3 catches and passes the ball to #4
- #4 catches and passes the ball to #5
- #5 catches and passes the ball to #1

**Bullying Awareness Component:**
- When a stop signal is given, the player with the ball tells the group the answer to the question posed by the teacher. (See list of questions)
- When the ball is dropped by the players, all players move to center of star and give high fives saying we can do this! They then move back to the star and start again.

### Activity 2: Pass and Catch 2 Balls Around the Star
- Players 1 and 4 start with a ball in their hands and pass the ball in the same sequence as activity 1. Passes can be a chest pass, a bounce pass or a toss.

**Bullying Awareness Component:**
- When the stop signal is given, both players with a ball go to the center of the star and touch the balls together saying teamwork works! Return back to their spots and start the passing again.
- If a ball drops, the team stops, retrieves the ball, says “Teamwork” and starts again with the 2 balls.
Activity 3: Pass and Catch 3, 4 or 5 Balls at the Same Time
- Start again with 1 or 2 balls to pass and catch around the star. Then have players pick up the extra balls and add them into the passing circuit. Try to get all 5 going at the same time.
- Start with all 5 balls, pass them all at the same time in the same order as activity 1 using different levels of passes so the balls do not hit in the middle.

Bullying Awareness Component:
- When a ball gets loose from the passing circuit, stop, retrieve the ball, bring them all to the middle and have the team put their hands on the ball saying “teamwork works!” Return to the star formation and start again.
- While passing the balls around the star, each person says the name of the person they are passing to, or “great job” while they are passing the ball.

Fitness/Skills Components:
- Throwing
- Tossing
- Catching
- Fitness items can be added between activities. Example: when a ball drops the participants could do jumping jacks, sit-ups, stretching until the question is answered or it is time to restart.

Rules:
- When a ball gets loose, stop and start again
- Don’t throw to a person who is not ready to receive a ball
- Look at the ball coming towards you!
- Work as a team

Assessment:
- How many passes can your team complete in a row?
- What kind of passes did you complete?
- What Bullying Awareness words or phrases did you use in your game?

Debriefing Ideas:
- Talk about the Bullying Awareness words and slogans that can be used in a team situation.
- Ask about challenges your team had and how they worked to overcome them.
- Discuss roles played in the activities such as leader, helper, supporter, and worker.

Additional Suggestions and Ideas:
- Talk about Bullying Awareness and Teamwork before the activities start
- Take your time with the activities
- Use different objects to toss and catch
- Switch group members (person with ball switch to another group during one of the stops)
- Make time for discussion on teamwork

Bullying Awareness Questions:
- What does “Awareness” mean?
- What is a good definition of bullying?
- What is a bully?
- Who is a bully?
- Who can get bullied?
- How does a bully work?
- What can you do to stop a bully?
- Who can you tell about a bullying situation?
- What role should a bystander take?
- Where can bullying take place?
- How can you help a person that is being bullied?
- Have you ever seen a bully?
- How does a team work?
- Can you name 5 positive team slogans?
- Can you name everyone in your group?
- What is our organization’s (school, recreation department, work place) rule on bullying?