**The PE Skill Learning Challenge: Can you teach yourself to juggle?**

* Learning a skill takes time and practice
* Use the picture instructions and video to break down the skill into small chunks
* Put the chunks together and try the whole skill
* Don’t be afraid to make mistakes…we all learn from our mistakes
* Never give up, just take a break and then come back to it
* Feel free to upload a video of your progress

**Equipment:**

* For the final juggle use three small balls that fit easily in your hand or 3 pairs of socks
* While practicing you could use a single sock that will be slower and easier to grab.

**Video Link:** <https://www.youtube.com/watch?v=dCYDZDlcO6g>