



Monday	Tuesday	Wednesday	Thursday	Friday	WEEKEND
<p>6. Day 1: CHALLENGE</p> <p>Learning to juggle: https://youtu.be/SzZ7Ecql-sg</p> <p>Create a baseline record. Record it below. Then record your personal goal for the month at the end of the calendar.</p> <p>New Record _____</p>	<p>7. Day 2: CHALLENGE</p> <p>Improve your overall record today. Practice on your feet and thighs. Using your hands if necessary. Look to get 5-10 juggles on your feet and then 5-10 on your thighs.</p> <p>New Record _____</p>	<p>8. Day 3: CHALLENGE</p> <p>10 juggles back and forth from left foot to right foot, alternating each touch.(Feet only)</p> <p>New Record _____</p>	<p>9. Day 4: CHALLENGE</p> <p>10 juggles back and forth from left thigh to right thigh, alternating each touch. (Thighs only!)</p> <p>New Record _____</p>	<p>10. Day 5: CHALLENGE</p> <p>Freestyle Friday: https://youtu.be/f06TVTebxxU</p> <p>Use the video link to learn new skills that you can add to your ever growing set of juggling tricks.</p> <p>New Record _____</p>	<p>11-12. Weekend CHALLENGE</p> <p>Include juggling into your favorite summer activity at home. Take a picture showing the Lakefront Family your skills!</p> <p>New Record _____</p>
<p>13. Day 8: Team CHALLENGE Juggles back and forth with your team members only using feet. Individual CHALLENGE Three consecutive juggles: right foot, left foot and a thigh (or in reverse). Complete at many "triangles"as you can. https://youtu.be/5s0a0OmpITk</p> <p>Videos Due by 7/17</p>	<p>14. Day 9: CHALLENGE</p> <p>Continue to improve your overall record. Practice the basics and get 10-20 juggles on your feet and then practice on your thighs.</p> <p>New Record _____</p>	<p>15. Day 10: CHALLENGE</p> <p>20 juggles back and forth from left foot to right foot, alternating each touch. (Feet only)</p> <p>New Record _____</p>	<p>16. Day 11: CHALLENGE</p> <p>20 juggles back and forth from left thigh to right thigh, alternating each touch. (Thighs only!)</p> <p>New Record _____</p>	<p>17. Day 12: CHALLENGE</p> <p>Freestyle Friday: https://youtu.be/xSpvUfTBWx8</p> <p>Use the video link to learn new skills that you can add to your ever growing set of juggling tricks.</p> <p>New Record _____</p>	<p>18-19. Weekend CHALLENGE</p> <p>Show us your juggling skills when you are out in the community doing summer activities.. Take a video showing the Lakefront Family your skills!</p> <p>New Record _____</p>
<p>20. Day 15: Team CHALLENGE Get as many headers as you can with your team and end with a volley into a goal. Individual CHALLENGE:: Learn "Around the World" and video yourself doing it in a juggling sequence. https://youtu.be/Dyrs8Wh-1JY</p> <p>Videos Due: 7/24</p>	<p>21 Day 16: CHALLENGE</p> <p>Practice transitioning from your feet to your thighs and even to your head. Stay consistent and use both feet. After a few juggles, try a trick and then return to your feet or thighs.</p> <p>New Record _____</p>	<p>22. Day 17: CHALLENGE</p> <p>40 juggles back and forth from left foot to right foot, alternating each touch (Feet only)</p> <p>New Record _____</p>	<p>23. Day 18: CHALLENGE</p> <p>40 juggles back and forth from left thigh to right thigh, alternating each touch (Thighs only!)</p> <p>New Record _____</p>	<p>24. Day 19: CHALLENGE Freestyle Friday: https://youtu.be/iszO5yAUfkM</p> <p>Use the video link to learn new skills that you can add to your ever growing set of juggling tricks.</p> <p>New Record _____</p>	<p>25-26 Weekend CHALLENGE</p> <p>Soccer is a Worldwide Game. Take a picture wherever you travel wearing Lakefront gear and juggling your soccer ball.</p> <p>New Record _____</p>
<p>27 Day 22: Team CHALLENGE Get 20 or more juggles with your team and end with the ball going into a bucket. . https://youtu.be/V1wBoqxzQjk</p> <p>Individual CHALLENGE: Put together your best FREESTYLE juggling of all the tricks you have learned. Show us your amazing skills. Video due: 7/3</p>	<p>28. Day 23: CHALLENGE</p> <p>Explore using other parts of your body with one or two juggles and then go back to your feet. Try using your shoulder, head, or outside of your foot.</p> <p>New Record _____</p>	<p>29. Day 24: CHALLENGE</p> <p>50 juggles back and forth from left foot to right foot, alternating each touch (Feet only)</p> <p>New Record _____</p>	<p>30. Day 25: CHALLENGE</p> <p>50 juggles back and forth from left thigh to right thigh, alternating each touch (Thighs only!)</p> <p>New Record _____</p>	<p>31. Final Challenge:</p> <p>Spend the day looking to improve your overall record by making it to the next multiple of 10 or 100. You got this. Great job this whole month!</p>	<p>Personal Goal:</p> <p>My Juggling record will be:</p> <p>_____ juggles!!</p>