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| **Year 4 Spring 1 Design and Technology – Juggling Balls** |
| Key facts* Tie-dye is an old craft that is used in different forms around the world
* In India it is called bandhani
* The Shipibo and Yine tribes of the Peruvian Amazon have a resistance dying technique that is similar to tie-dye
* The oldest known images of juggling were found in the Beni-Hassan tombs of Egypt
* Juggling maintains and increases range of motion in the arms and shoulders
* It is one of the best ways to improve coordination
* The most balls ever juggled is 11. Alex Barron from the UK achieved this in April 2012.
* He managed 23 consecutive catches in what is known as a ‘qualifying’ juggling run
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| Vocabulary* design brief
* product
* tie-dye
* technique
* polka dot
* spiral
* functional
* hem
* overcast stitch
* template
* aesthetic
 | Juggling tips* Start with one ball and pass it from one hand to the other and then progress to using two balls
* You must keep your eye on the balls as you juggle
* Beanbags are good for beginners to use when learning to juggle
* Use balls that do not roll away!
* Scooping is a technique to make juggling smooth
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