

## ACTIVITY CARD

# JUGGLING SCARF

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Shapes & Directions	<ul style="list-style-type: none"> <li>Scarf in front of body, make giant clockwise circles.</li> <li>Scarf over head, make small counterclockwise circles.</li> <li>Scarf out to the right side, make a square.</li> <li>Scarf out to the left side, make a triangle.</li> <li>Switch hands and repeat all of the above.</li> </ul>	Understands Directions and Relationships with Objects
Locomotor Moves	<ul style="list-style-type: none"> <li>Scarf like a horse's tail, gallop in open space.</li> <li>Scarf scrunched like a rabbit's tail, jump in open space.</li> <li>Fold in half like a deer's short tail, leap in open space.</li> <li>Scarf long like a cheetah's tail, run in open space.</li> </ul>	Performs Locomotor Skills
Levels	<ul style="list-style-type: none"> <li>Waive scarf at a high level, skip in open space.</li> <li>Waive scarf at a medium level, side-slide in open space.</li> <li>Waive scarf at a low level, walk in open space.</li> </ul>	Travels Demonstrating Low, Middle, and High Levels
Pathways	<ul style="list-style-type: none"> <li>Hold scarf in front, draw a straight pathway in the air.</li> <li>Draw a curved pathway like a rainbow.</li> <li>Draw a zig-zag pathway.</li> <li>Now use each of these pathways to march in open space.</li> </ul>	Travels in 3 Different Pathways
Letters & Numbers	<ul style="list-style-type: none"> <li>The scarf is a pen. Write the letters of the alphabet in the air.</li> <li>Write words from our word wall.</li> <li>Write numbers.</li> <li>Write the answers to math questions that I ask.</li> </ul>	Academic Integration
Tail Tag	<ul style="list-style-type: none"> <li>Tuck scarf 2 or 3 inches into your belt loop or waistband. On the start signal, try to pull off others' tails without your tail being pulled. If you pull a tail, hand it right back to the person you pulled it from. They will do 5 jumping jacks and then get right back in the game. Start at a speed walk pace (can progress to a run).</li> </ul>	Demonstrates Locomotor Skills Using Mature Patterns
<b>PART 2</b>		
Toss & Catch	<ul style="list-style-type: none"> <li>Experiment with different ways of tossing and catching 1 scarf (e.g., low/high, different body parts, spin and catch). Move to the rhythm of the music.</li> </ul>	Moves in Self-Space in Response to a Rhythm
Toss Two	<ul style="list-style-type: none"> <li>Hold 1 scarf in each hand. Experiment with different ways of tossing and catching 2 scarves. Move to the rhythm.</li> </ul>	Moves in Self-Space in Response to a Rhythm
Partner Mirror	<ul style="list-style-type: none"> <li>Face a partner. One partner is a performer, the other is a mirror. Emphasize slow and controlled movements. Move to the rhythm.</li> </ul>	Differentiates Between Self and General Space
Partner Lead	<ul style="list-style-type: none"> <li>It's a 2 person parade. Line up and then follow the leader in the activity area. Waive each scarf like a flag. Move to the rhythm. On signal, change locomotor skills.</li> </ul>	Moves in General Space/Combines Locomotor Skills to a Rhythm
Partner Juggle	<ul style="list-style-type: none"> <li>Face each other. Start with 1 scarf each. Both partners toss across to each other at the same time. Progress to 2 scarves each. Move to the rhythm.</li> </ul>	Moves in Self and General Space to a Rhythm
Group Juggle	<ul style="list-style-type: none"> <li>In groups of 3 to 5, each student with 1 scarf. On start signal, toss to the student on your right. Quickly catch the scarf coming from your left, then repeat. Move to the rhythm.</li> </ul>	Moves in Self and General Space to a Rhythm