

Quick Reference Activity Card: Scarves 1

Set-Up: Scatter spot markers in the activity area as a Home Base for each student.

One student per Home Base. Use 4+ cones to set perimeter boundaries.

Each activity below takes approximately 10 minutes.

Schedule 6 activity breaks throughout the day to provide 60 minutes of daily physical activity.

Suggested MC Cards are the Movement Concept Cards that the authors suggest using with this activity.

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|  | Activity Description | Suggested MC Cards | Category |
| 1 | *Low, Medium, High…Oh, My!*   * Students wave the scarves at a low level (below knees); high level (overhead); medium level (at waist). * Challenge: Call out an object/animal at each level (e.g., snake, tiger, giraffe), students wave scarves to match the level of the object. | High Level, Medium Level, Low Level | **Movement Concept** |
| 2 | *Stand Like This*  Students complete balance challenges.   * Stand with feet out wide and scarf resting on elbow. * Stand with feet close and scarf resting on shoulder. * Stand with legs staggered and scarf resting on a wrist. * (Teachers, be creative.) | Narrow, Wide, Straddle/Scissor | **Balance** |
| 3 | *Mirror Me*   * With teacher, then with a partner: Students face teacher/partner. One performs by waiving the scarf, the other is a mirror. Emphasize slow and controlled movements. | Mirror, Matching, Follow | **Social/Emotional** |
| 4 | *Tossing Challenges*   * Students in self-space, each with a scarf. Teacher prompts students to complete tossing challenges. * Toss up. Toss down. Toss left. Toss right. Create your own challenges. | High Level, Medium Level, Low Level | **Manipulative** |
| 5 | *Tails*  Students move like different animals/objects with tails. As students mature, focus on correct movement form:   * Horses galloping, cheetahs walking/running, deer leaping, rabbits jumping, rockets sliding, etc. | Curved Pathway, Straight Pathway, Zig Zag Pathway | **Locomotor** |
| 6 | *Scarf Fitness*   * Students in self-space, each with a scarf. Teacher prompts students to follow along & complete fitness challenges. Teacher performs, students follow along. * Example 1: Sit on bottom, lift one leg and pass scarf around leg. Repeat other side. * Example 2: On hands and knees wave the scarf to the front, right, left. (Teachers, be creative.) | Follow, Matching | **Health/Nutrition** |