

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.

	Activity Description	Suggested MC Cards	Category
1	<p><u>Low, Medium, High...Oh, My!</u></p> <ul style="list-style-type: none"> 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	<p><u>Stand Like This</u></p> <p>Students complete balance challenges.</p> <ul style="list-style-type: none"> 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	<p><u>Mirror Me</u></p> <ul style="list-style-type: none"> 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	<p><u>Tossing Challenges</u></p> <ul style="list-style-type: none"> 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	<p><u>Tails</u></p> <p>Students move like different animals/objects with tails. As students mature, focus on correct movement form:</p> <ul style="list-style-type: none"> Horses galloping, cheetahs walking/running, deer leaping, rabbits jumping, rockets sliding, etc. 	Curved Pathway, Straight Pathway, Zig Zag Pathway	Locomotor
6	<p><u>Scarf Fitness</u></p> <ul style="list-style-type: none"> 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