

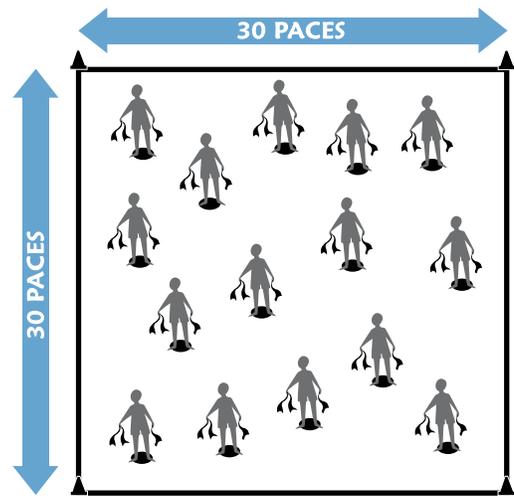


Ready

- 4 cones (for boundaries)
- 1 spot marker per student
- 3 different colored scarves per student
- Music and player

Set

- Create a large (30X30 paces) indoor activity area.
- Scatter spot markers throughout area.
- Disperse students to markers, each with 3 different colored scarves.



GO!

1. Today we will learn how to juggle scarves.
2. Hold 1 scarf and leave the other 2 on the floor.
3. Lift your arm high across your body, and flick your wrist to release the scarf. Catch the scarf at waist level with the opposite hand (up, catch). Practice with your R and L hands.
4. Hold 2 scarves, 1 in each hand, at waist level. Lift your R arm up and across your body, and release the scarf. Lift your L arm up and across your body, and release the scarf (your arms make an "X"). Catch the scarves at waist level, first with your L hand, then with your R (up, up, catch, catch).
5. *(Allow students time to practice this with their scarves.)*
6. **Wrap It Up**
 - What did you have to do with your eyes in this activity?
 - Could you keep playing with scarves at home – on a rainy day? Ask a parent for permission to borrow and play with scarves.