

JUGGLING SCARVES

Description/Skill Cues

- The idea is to help students develop their manual dexterity by juggling scarves. Teachers should have a gradual procession such as:
 - Toss one scarf & catch with same hand
 - Toss one scarf, turn around, and catch
 - Toss one scarf and clap as many times as you can and catch before it hits the floor
 - Toss one scarf and catch with the other hand across the body
 - Juggle two scarves

Teaching Cues

- For fun, the teacher can have the students dance or simulate cross country skiing using the scarves under their feet. (*Twist Again* would be a great song for this.)

Safety Warning

- If using the scarves under the feet, stress to participants not to have their legs go out to the side (may cause a groin pull).