

*Lesson focus: to practice eye hand coordination and crossing the midline of the body while juggling 2 scarves or plastic grocery bags.*

## What you'll need

- 2 different colored scarves (or plain plastic grocery bags) per student.
- Poly spot for each student is optional.
- Music player and music (circus) are optional.

## Skills to review and demonstrate

Hold ONE scarf and leave the other one on the floor.

- Toss up and catch the scarf. Put one hand behind your back and toss and catch with one hand.
- Do opposite hand.
- Lift hand with scarf high ACROSS your body and drop the scarf, catching it at waist level with the opposite hand. Repeat using the opposite hands.

Hold TWO scarves, one in each hand.

- Think of a giant X in front of the body.
- The top legs of the X are above the head, the bottom legs are near the waist.
- Snap the scarves one at a time and release at the top of the X, let them drop to the floor.
- Repeat the above and catch them one at a time at your sides/bottom of the X.
- Repeat and practice until movements are smooth and coordinated. You're juggling!

## Getting started

Scatter students in the room on poly spots (optional) with 2 scarves or bags.

## Student performance objectives

- Psychomotor:** Students can toss a scarf across the body and catch it waist level on the opposite side.  
Student can toss two scarves in the X pattern and catch them successfully more than three times in a row.
- Cognitive:** Students can recite the cue (toss, toss, catch, catch) for scarf juggling.  
Students can describe the X as the pattern used to juggle.



Small space  
activity for grades

K-2

## Helpful hints

When attempting to juggle two scarves say the cue words: toss, toss, catch, catch.

Discourage students from tossing the two scarves up at the same time.

Discourage students handing a scarf across the bottom of the X instead of tossing it to the top.

This will make it easier to learn the 3 scarf juggle.

Toss high so you have lots of time to catch the falling scarf.

Keep your eyes up and focused on the imaginary X.

## Recap

Why do you need to toss one scarf at a time?

What letter shape do we think of while juggling?

What are the cue words we use when juggling?

## National standards

Standard 1&2: Spatial awareness; Tossing and catching a moving manipulative.

Standard 4&5: Participates responsibly; Enjoys and accepts a challenge.