

Progressions



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

What you'll need

- Three 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

Two scarf juggling pattern (X) and cues (toss, toss, catch, catch).

Practicing the two scarf juggling until smooth and scarves do not drop to the floor.

Holding one scarf in your hand and making a pincher with the fingers of the same hand.

Putting the second scarf in that pincher.

Holding the third scarf in your other hand.

Throwing the pincher first, the opposite hand second, and the third scarf that's in your first hand last.

Letting all scarves land on the floor. None of the scarves should touch each other if they are being released correctly.

What three scarf juggling looks like and repeat the cue words: toss, toss, catch, catch.

Getting started

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

Student performance objectives

Psychomotor: Students can toss two scarves in the X formation 80% of the time.
Students can toss three scarves in the X formation and catch them successfully more than two times in a row.

Cognitive: Students can recite the cue (toss, toss, catch, catch) for scarf juggling.
Students can name the "X" as the pattern the scarves follow in juggling.



Small space
activity for grades

3-5

Begin the game

Practice the juggling pattern.

Helpful hints

Focus on the imaginary X in the front of your body.

Do not have the student progress to three scarves until they have the X pattern established.

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

Have the students hold the two scarves in the dominant hand and the single scarf in the non dominant hand.

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

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

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