

Snatch

Lesson Focus: to catch a slowing falling object before it hits the floor, and to sustain the cardio/respiratory activity for the duration of the class.

Scarf

What you'll need

- One juggling scarf or plastic grocery bag per student.
- Music and music player.

Skills to review and demonstrate

Passing by each other [right shoulder to shoulder] after tossing the scarf in the air to avoid collisions.

Catching the scarf before it hits the floor.

Getting started

Pair students, (teacher can play with the odd student). Scatter pairs around the space facing each other, about 4-6 paces apart.

Student performance objectives

Psychomotor: Students will demonstrate moving toward and catching a slow moving object 80% of the time.
Students will sustain the fitness activity intermittently for at least ten minutes.

Cognitive: Students can define cardiovascular fitness.





[Watch the Video](#)

Small space
activity for grades

1-5

Begin the action

When the music starts students begin.

They count how many times in a row they can successfully catch the scarves without letting them drop to the floor before the music stops, or the stop signal.

Helpful hints

For safety, have all students face two opposing walls to avoid pairs bumping into other pairs.

Toss the scarf high and directly overhead.

Do not allow students to slide on their knees to catch a scarf.

Recap

Why should we toss the scarves high in the air?

Why should we pass right shoulders after tossing the scarves?

Challenge

Can you move farther away from your partner and still be successful?

Can you increase the number of times you catch the scarf without missing?



National standards

Standards 1 & 2: Catching a moving object; spatial awareness/bility.

Standard 3: Cardiovascular fitness.

Standards 4 & 5: Participates responsibly with respect for differences in partner ability and accepts personal challenges.