

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	1 scarf for every 2 students

Get Ready:

- Have students pair up and give each pair 1 scarf.

Directions:

- To begin, I will give you an activity; (**jumping jacks, jogging in place, hopping, push-ups, arm raises etc.**). One partner is the “scarf thrower” and one will do the activity.
- The scarf thrower will **jump and throw the scarf** as high into the air as possible and the partner will try to do as many repetitions of the activity as they can before the scarf drops.
- The scarf thrower should try to **catch the scarf** just before it touches the ground.
- Switch roles and repeat.

Tips:

- Do **static movements (squat, lunge, stand on one foot)**. Hold the movement while the scarf is in the air.
Note: A static squat is when you do a squat and hold the position versus repetitive squatting.
- Grades K-2 **can use a timing device** or “count seconds” to **measure** how long the scarf is in the air.
- Grades 3-5 can **time how long** the scarf is in the air, **count the repetitions**, and **calculate** (step or hop) **rate**.
- Change the size of the object to make it easier or harder for students to catch.

Source: Willenberg, Barbara. Physical Activity Cards. University of Missouri Extension. 2006. Ball, Steve, Assistant Professor, Department of Nutritional Sciences, College of Human Environmental Sciences, University of Missouri-Columbia.

Standard Connections

Did You Know?

- Doing lots of repetitions in a short time is a great way to get **vigorous** activity!
- **Vigorous** activity requires your body to work hard! You should try to do some **vigorous** activity at least 3 days per week.

Show and Tell!

- ✓ **Grades K-5:** *Show me* how many times you can **jump** in the next 10 seconds — go!
- ✓ **Grades K-2:** *Tell me* how you know your heart is beating faster (**Note:** *They can talk about heavy breathing, feeling their heartbeat, etc.*).
- ✓ **Grades 3-5:** *Tell me* how your body feels when you do **vigorous versus light activity** (e.g., sprinting versus walking). *Tell me* whether you like doing **light** or **vigorous** activity best. Why?

Try This at Home

- Have a friend or family member time you and count how many times you can do a favorite activity in 1 minute (**e.g., leaps, lunges, karate kicks!**)
- Challenge a friend or family member to do as many repetitions of their favorite activity as they can in one minute! Grades 3-5 can record repetitions and figure out who went faster.

