

Speed Scarves

Equipment Needed:

✓ **Scarves**- one for every pair

DIY Equipment:

Don't have the items needed to play?

Instead substitute any light weight piece of fabric

Get Ready!

FORM groups of two

CREATE enough personal space so that you can safely move

TIP: warm up with some light activity like marching in place and arm circles

Instructions:

1. To begin one person call out an activity (jumping jacks, jogging in place, hopping, push-ups, etc.) One partner is the “scarf thrower” and the other person will do the activity.
2. The scarf thrower will jump and throw the scarf as high in the air as they can. Their partner will do as many repetitions of the movement called out as they can before the scarf hits the floor.
3. The scarf thrower should try to catch the scarf before it hits the ground.
4. Switch roles and repeat with a different movement!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

In this game you did vigorous activity. Can you name some other ways you could get vigorous activity?

During vigorous activity your heart is beating faster. Tell me how you know your heart is beating faster.

How does your body feel when you do vigorous activity versus light activity?