



# Speed Scarves



## Equipment Needed:

- ✓ 1 scarf for each pair of players

**TIP:** *Don't have the equipment needed to play? Use any lightweight object instead, such as a rag or a tissue!*

## Get Ready!

**Form** groups of two.

**Create** enough personal space so that you can move safely.

**TIP:** Warm up with some light activity, such as marching in place while making arm circles.

## Instructions:

1. To begin the game, assign one partner to be the "scarf thrower." The other player will be doing the activity.
2. The scarf thrower will call out an activity (jumping jacks, hopping, pushups, etc.). The scarf thrower will then jump and throw the scarf as high in the air as they can. Their partner will do as many repetitions of the chosen movement 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. Once the scarf has been caught, switch roles! Repeat the steps with a different movement.

## Family Talking Points:

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

1. In this game, you did some vigorous physical activity. Can you name some other ways you could do vigorous activity?
2. During vigorous activities, your heart is beating faster. How can you tell your heart is beating faster?
3. How does your body feel when you do vigorous activity versus light activity?