


OBJECTIVES	EQUIPMENT	SPARK HEALTHY MESSAGE
<ul style="list-style-type: none"> <li>• Tossing</li> <li>• Catching</li> <li>• Locomotor skills</li> <li>• Rhythm and timing</li> </ul>	<ul style="list-style-type: none"> <li>• 1 scarf/child (or use a plastic grocery bag)</li> <li>• Music and player (optional)</li> </ul>	<p><b>Reduce TV / media time</b> Here’s a scoop for you. Did you know that some kids watch about 25 hours a week of television? Add more for video games and surfing the internet, and that adds up to a lot of sitting. Don’t miss your favorite TV show, but if there’s something else you can do that’s more active and fun, why not get off the couch and into the game?</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
<p><b>ACTIVITY 2: SILLY SCARVES I</b></p> 	<ul style="list-style-type: none"> <li>• Give child (or have child select) a scarf.</li> <li>• Explain and demonstrate “Silly Scarves.”</li> <li>• A “personal spot / base” - can be a paper towel or a piece of paper on the ground, a tile on the floor or a spot in the room.</li> <li>• Locomotor skills include: walk, jump, hop, skip, leap, gallop, side-slide, run.</li> <li>• Provide challenges and allow students time to practice to music.</li> </ul>	<ul style="list-style-type: none"> <li>• Now we’ll play “Silly Scarves.”</li> <li>• Find a “personal spot / base”</li> <li>• I’ll give you a locomotor skill to do. While moving, wave and play with your scarf.</li> <li>• Can you name a locomotor skill?</li> <li>• When you hear “Silly Scarves,” move safely to your “personal spot / base”. Once you’re there, I’ll give you a challenge to do.</li> </ul> <p><b>Challenges – Can you:</b></p> <ul style="list-style-type: none"> <li>• Make giant circles in front of you? Over your head? To your side? The other side? Side to side in a big loop? Try it all again with the other hand!</li> <li>• <b>Silly Scarves!</b></li> <li>• <b>Sideslide to your spot / base.</b></li> <li>• Make a big square with your scarf? A triangle? A</li> </ul>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
	<ul style="list-style-type: none"> <li>• Change locomotor skills each time child moves to a new spot / base.</li> <li>• Change the movements the child does when they arrive at a spot / base.</li> </ul> <p><b>Extensions:</b></p> <ul style="list-style-type: none"> <li>• Identify more than one spot or base – have multiple spots / bases. Each time you say “Silly Scarves” child makes their way to a new spot / base.</li> <li>• Teach “near” and “far.” Prompt child to find a new spot / base near them, or far from them.</li> </ul>	<p>smaller triangle? A teeny, tiny triangle? Switch hands and try again.</p> <ul style="list-style-type: none"> <li>• <b>Silly Scarves!</b></li> <li>• <b>Gallop to your spot / base.</b></li> </ul> <ul style="list-style-type: none"> <li>• Make a zigzag with your scarf moving from low to high? High to low? Switch hands and try again.</li> <li>• <b>Silly Scarves!</b></li> <li>• <b>Skip to your spot / base.</b></li> <li>• Place your scarf on top of your head and balance on 1 foot? Try the other foot. Swing it overhead side to side in the shape of a beautiful rainbow?</li> <li>• <b>Silly Scarves!</b></li> <li>• <b>Jump to your spot/ base.</b></li> </ul>