

MOVEMENT SCARVES

Item # 5473

Movement Scarves provide colorful and encouraging activity for hand-eye coordination, tracking, grasp and release. Their light weight allows the scarves to fall slowly enough for beginner students to achieve success in catching them in the air. Activities can be performed individually or with partners.

- Practice movement with music while holding scarves in each hand. This allows students who have difficulty with body awareness to “find” their hands.
- Individually, practice throwing scarf into the air and catching with both hands, and then with the each hand.
- Ask student to toss their scarf into the air and perform a full circle before catching it again.
- Practice rhythmic movements such as figure-eight, arm circles, snake, and bullwhip.
- Body awareness: Practice catching the scarves with different body parts. Ask students to catch the scarves with their hands, feet, head, knees, or elbows.
- With a partner: Play catch with both hands, and then each hand.
- In a group: Stand students in a circle facing counter-clockwise. Ask them to pass the scarves around the circle by throwing them over their shoulders backward.
- Color recognition: Toss scarves into the air and ask students to catch scarves by color. For example, throw scarves into the air and call out, “Yellow!” Students only catch the yellow scarves.
- Once students are successful throwing and catching one scarf, ask them to “juggle” two scarves.
- Practice underarm throws by tossing scarves into a hoop or bucket.



Beth Gardiner brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.

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