**Scarf Dance**

Equipment: Scarves – one per child

Children should throw the scarves as high into the air as they can and then try to catch them

As scarves will move in different ways it will encourage children to move in different ways in order to catch the falling scarf

Ask children to throw their scarves into the air and then move in different ways to try catch it, e.g. hop, skip, leap, depending on the skills of the week.

Next ask children to use one hand

Can they catch the scarf with different body parts?

**Benefits**

Supports balance, agility, spatial awareness, hand-eye coordination, and gross motor development

**S.T.E.P. into Year 1:**

S – Introduce throwing and catching of the scarf on a spot, or starting on one spot and catching on another.

T - Change to throwing to a partner. Across a team.

E – Change the equipment as the children get better at catching.

P – Increase the number of people in a team to 2/3/4 so that they can all work as a team to transfer the scarf from one side of the hall, to the other.

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**