Moving with Scarves

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Equipment: Scarves

**Athletics:**
Gentle warm up activity: Running holding scarves, changing directions in the pathway

**Activity 1**
In 3’s (A B C)
A and B hold the end of each end of a scarf really close to the ground, emphasis safety.

A-------------------B

C faces the direction of the scarf and jumps over the low scarf; Repeat x 3 and change positions

**Activity 2**
In 3’s (A B C)
A and B hold each end of a scarf high off the ground and C goes under the scarf. C runs back to the starting position around the back of A and repeats x 3

A-------------------B

C

**Activity 3**
In 3’s (A B C)
A and B lie flat on the ground opposite each other holding the end of a scarf close to the ground

A-------------------B

C faces B on one side of the scarf and performs 6-10 side jumps over the scarf and then crawls under the slightly risen scarf and repeats x 2. Change positions

**Activity 4**
**Over Under**
In 3’s (A B C)
A and B lie on the ground flat opposite each other holding the end of TWO scarves together down really close to the ground

A-------------------B

C

C crawls under.
Then A and B kneel. They separate the scarves continuing to hold each end. However one scarf is now held high and the other low.
C now steps over the low scarf.

**Activity 5**

**Running over scarves**

In twos children can be spaced around the room in a circular shape holding the end of a scarf each (ABC). The scarves can be used as low obstacles for children to run over. Change positions.

**Creative dance activities with Scarves**

- **Follow my leader** teacher models children copy range of actions to music. Begin stationary in a circle and then progress to travelling around area, being aware of directions, pathways and levels: Sample movements
  - Up and down
  - Side to side
  - Circling around me
  - Circling above my head
  - Shape and hold
  - Drag
  - Fly up high behind me
  - Free movement
  - Statues
  - Drying yourself after the shower!
  - Waving scarf high/ waving scarf low/ waving scarf side to side/
  - Passing the scarf around various body parts

- **Centre scarf**: Children stand in a circle, teacher calls a child into the middle and each have 10 seconds to do what movement they like with their scarf and everyone copies the action with their scarf

- **Scarf shapes**: Teacher led, then pairwork. Using shape sheet as a guide, choose 3 shapes to create a dance, holding each shape for 8 counts. Progress to holding first shape for 8, then travelling for 8, then second shape for 8, then travel for 8 etc to build on the dance.

- **Scarf sculpture**: Groups of 6-8 stand in a circle and each child is numbered. Starting with number 1, child travels in 8 beats to centre of circle and then freezes in chosen shape. Child 2 then travels in and creates a different shape ‘around’ child 1. As each child moves into the centre, a ‘picture’ or freeze frame is created. This shape may then be deconstructed by number 8 travelling back out to circle, followed by 7 etc.