

# Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

## 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

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

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)

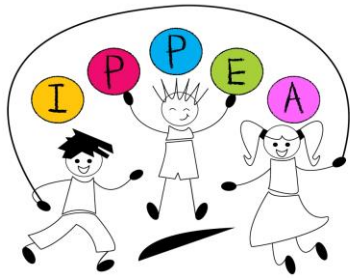
A and B lie on the ground flat opposite each other holding the end of TWO scarves together down really close to the ground

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.



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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.