

YOU WILL NEED

-JUGGLING SCARVES



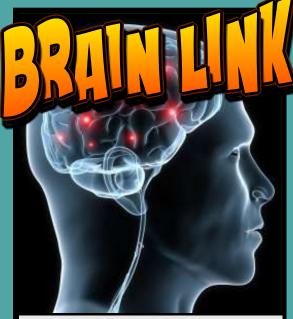
incheases aerobic capacity



STUDENTS WILL TOSS AND CATCH ONE, TWO OR THREE SCARVES DEPENDING ON AGE AND LEVEL



STUDENTS WILL TOSS THE SCARVES WHILE STEPPING A FOUR STEP PATTERN (UP, UP, DOWN, DOWN)



CROSS LATERAL MOVEMENT ORGANIZES BRAIN FUNCTIONS. EXERCISES EYE MUSCLES BY TRACKING MAKING EYES FIT TO READ. AEROBIC ACTIVITY INCREASES BLOOD FLOW TO BRAIN AND SPEEDS RECALL AND REASONING.