

# AEROBIC STEP JUGGLING

YOU WILL NEED...

- JUGGLING SCARVES
- AEROBIC STEPS



**INCREASES 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)

## BRAIN LINK



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.