

READY, SET, JUMP:

Streamers Galore

Objectives:

The children will:

- Warm up for the main movement activity.
- Have a chance for self-expression.
- Elevate their heart rates.

Learning & Life Skill:

Preventing injuries

Materials:

- Colorful streamers (choose colors that are typical of fruits and vegetables such as red, green, orange, yellow, blue and white)
- Music and music player
- Drinking water (make available to children as needed)

Time:

5 Minutes



The “K Files”

Finding water can turn into a real scavenger hunt for kangaroos. Most kangaroo species live in dry plains or rocky or scrub country. As long as there is green vegetation available, most kangaroos don’t need to drink water. Their bodies can process moisture from the green leaves. During a drought (an extended period of little or no rainfall) when the plants die, kangaroos leave their mobs and travel great distances in search of food and water. In really tough times, they dig their own wells.

Procedure:

Before the meeting:

Make colorful streamers by cutting or tearing old sheets, towels or scarves into strips that are 30 inches to 36 inches long and 1 inch to 2 inches wide.

During the meeting:

1. Have the children pick up one streamer each and find a space with enough room for them to move safely with the streamers so that they don’t hit or interfere with another person’s movements. Tell them they’re going to play “Streamers Galore.”
2. Explain to the group that when the music starts they should move their streamers using as many arm patterns as possible. Encourage them to be creative and come up with their own routines. Tell them that no matter what pattern or routine they choose, they have to be moving the entire time the music is playing. You may wish to offer suggestions for streamer movements:
 - Form letters with the streamer movement.
 - Move the streamer at a low, medium and high rate of speed.
 - Switch the hand that you’re holding the streamer in.
 - Move the streamer through the legs, above the head, around the waist.
 - Throw the streamer in the air, catch it and keep it moving.
 - Make figure eights in front of their bodies.
 - Make large and small circles on each side of their bodies or above their heads.
3. Stop the music periodically and have the children move to a new spot by skipping, jumping, hopping or jogging, then continue moving their streamers.

Try This, Too:

- Have each person work with two or three streamers.
- Have the children work with a partner with several streamers.

Talking It Over:

Ask the group the following questions:

Share It:

What did you like about this activity? Why?

Process It:

How can you tell your muscles are warmed up? Is your heart beating faster? Are you sweating?