Name/Title: **Streamers Galore**

Suggested Grade Level: K-5

Materials Needed: Colorful streamers (can use the ones with sticks or just a plain old streamer will do)

Description of Idea

As students enter the activity area ask them to get a streamer. Then they need to find a good self space. This space should allow them to SAFELY move their streamers so it does not hit or interfere with their classmates movements.

When the music begins the students are to move their streamers using as many arm patterns as possible. Encourage them to be creative. They can come up with their own routine if they want. They have to be moving the entire time the music is playing however.

Movement ideas for the streamers:

- Make the streamer make letters
- Move the streamer at a low, high, medium level
- Switch hands with the streamer
- Move it through their legs
- Throw in air and catch and keep moving the streamer

Variations:

When the music stops have them move to another spot (put poly spots down for self space) and then they continue their stationary movements.

For older students you may want them to move throughout the general space by skipping, jumping hopping, jogging with the streamer.

Have them work with 2/3 streamers.

Work with a parter with several streamers.

Submitted by **Mark Manross** in Blacksburg , VA . Thanks for contributing to PE Central! **Posted on PEC: 4/30/2001**.

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