

# Ribbon Activities



With the right arm outstretched, grip the handle in the right hand and with big circular movements, twirl the ribbon from left to right.

With the left arm outstretched, grip the handle in the left hand and with big circular movements, twirl the ribbon from right to left.

With both arms outstretched, grip the handle in both hands and with big circular movements, twirl the ribbon from left to right and vice versa.

With the right arm outstretched, grip the handle in the right hand and make a large figure of 8 crossing the midline from left to right.

With the left arm outstretched, grip the handle in the left hand and make a large figure of 8 crossing the midline from right to left.

With both arms outstretched, grip the handle in both hands and make a large figure of 8 crossing the midline from right to left to right.

Hold the handle in the right hand pointing it towards the floor and use wrist movements to twirl the ribbon from left to right.

Hold the handle in the left hand pointing it towards the floor and use wrist movements to twirl the ribbon from right to left, achieving a spiral effect.

Whilst standing still, hold the handle in the right hand and twirl the ribbon around the body.

Whilst standing still, hold the handle in the left hand and twirl the ribbon around the body.

To increase the difficulty, as the children become used to using the ribbons, include walking, running and skipping whilst twirling the ribbon.

Eventually introduce music into the activity to enable the children to develop a sequence of movements.