

Day 10 –Body Parts

Target Audience: 3-5 (Pre-K)

Space: gym or classroom

Length of Time: 25 minutes

Materials: drum and stick, CD player, see music and prop list below

(In the room for the half-day groups)

Foot Song

(to the tune of *Old MacDonald*) – key of F

F C D C A G F
I see feet that are standing on the floor, what can those feet do?

A A# C A C A# A# A G
Can they jump, jump, jump? Can they jump and jump? Can they jump, jump, jump,

F
jump, jump? STOP!

Repeat with tap, tip/toe/turn. Open it up to children’s suggestions: kick, hop, swing, etc.

Warm Up	Duration	Music
Brain Compatible Warm Up	8 min	Brain Bop 1 & 2

Concept Intro	Duration	Music
Body Parts	6 min	AlphaBeat #8

Body Shape Jam

ACTIVITY NOTES

1. Body shapes can first be explored with words only, from a seated position. Select rhyming pairs, in or out of sequence.

- fist / wrist
- eye / thigh
- shoulder / ear
- chin / shin
- palm / toes
- hands / spine
- ankle / knee
- thumb / bellybutton
- calf / toe

2. Next, repeat the sequence with the music, from a seated position.

3. Then, do it from standing, which challenges balance and coordination.

Don’t fall down on purpose!

4. After that, decide whether you'd like to do it from a standing or seated.

<u>Review activity (in classroom)</u>	<u>Duration</u>	<u>Music</u>
Popcorn and Melted Butter	3 min	Songs for Dancing #16

<u>Review activity (in big room)</u>	<u>Duration</u>	<u>Music</u>
Little Birdies	4 min.	Songs for Dancing #19

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Resting/Closure	3 minutes	Songs for Dancing #38

Review shape concept of the day.