Day 11 – Body Parts 2

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

Introduction to the Space

Duration

Music

Down By the Station
3 minutes
Songs for Dancing #1

Foot Song (2 minutes)
(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? Jump!

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 hop, kick, swing, turn and tap. Open it up to children’s suggestions.

Warm Up

Duration

Music

Stretch, Bend, Twist, Circle, Swing
3 min
AlphaBeat #3-6
Optional: teach the 2nd half of the “Stretch” with ‘belly buttons turned sideways’ doing a side stretch on both sides after the big circles. This means no change to facing forward until Head Circles.

Concept Review

Duration

Music

Body Parts
6 min
AlphaBeat #8
Body Shape Jam

Explore

Duration

Music

Here We Go Round and Round
Songs for Dancing #14

Visual supports are downloadable from the CD
Adaptations:
Different body parts go ‘Round and Round” in self-space instead of along the circle line during “Here We Go”: hips, shoulders, ankle circles (each foot), wrist circles (high to low, low to high), repeat hips or dancer’s choice.
Jump 4 times before you start the sequence again.

Activity

Duration

Music

Resting/Closure
3 minutes
Songs for Dancing #20
Body Parts Review

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