

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