

Day 12 – Body Parts 3

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
Flea Mr. and Mrs. Arm and Leg (words are on Brain Bop CD)	4 minutes	Songs for Dancing #3, live

Concept Review	Duration	Music
Body Parts	8 min	Step on the Beat # 2, AlphaBeat #8

New Activity: *Clap Along Song*

Review Activity: *Body Shape Jam*

Explore Review	Duration	Music
Here We Go Round and Round	6 minutes	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), whole body Let children choose the 3rd and 4th movements.

After body parts in, out and shake, jump 4 times before you start “Here We Go” again. End with Feet Stay after turning whole body at the end.

Activity	Duration	Music
Resting/Closure	3 minutes	Songs for Dancing #20

Body Parts Review