

Day 13 – Pulse and Pattern

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

<u>Introduction to the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station	3 minutes	Songs for Dancing #1

Foot Song (2 minutes)

<u>Concept Intro</u>	<u>Duration</u>	<u>Music</u>
Galloping Song	5 minutes	Songs for Dancing #11

From a seated circle, model galloping.

Have all students practice.

Have half the circle follow me around and then home to sit.

Repeat with 2nd half.

Do again if body control is needed.

<u>Explore</u>	<u>Duration</u>	<u>Music</u>
Apples and Oranges	5 minutes	Step on the Beat #1

Teach the pattern. Then assign half and half for apples and oranges.

Use the galloping strategy for the traveling section.

Others stay and clap.

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