

Day Two - Lesson Plan on Body (Warm Up, Parts)

Target Audience: 3-5 (Pre-K)

Space: gym

Length of Time: 20 minutes

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

<u>Enter the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station	4 minutes	Songs for Dancing #1

End in a circle, Sit Ready Position.

Hello Song with new words zippered in.

Review Concentration, Body Control. Imagination and Memory.

<u>Review</u>	<u>Duration</u>	<u>Music</u>
Drumtalk	3 minutes	voice, drum/stick

Review the four sounds – use your memory to SHOW ME what each means.

Now TELL ME what each means.

Do a short version

Sit Ready Position.

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>
Stretch, Bend, Twist, Circle	10 minutes	AlphaBeat #3-#5

Today we are going to warm up our muscles by stretching, bending, twisting and circling different parts of our bodies. Leader models each section, while students use Concentration to watch. “I will be the do-er, you will be the watchers.”

Demonstrate facing around the circle for sideways stretches, and forward towards the center of the circle for forwards and backwards stretches.

Students Stand Tall One and All to do.

Arm Stretch

During the 1st stanza, here are things to do and say:

(After a while the students will not need this scaffolding)

Face around the circle line:

- 1. Imagine that you are inside a huge bubble. Push it all around.*
- 2. Sweep around in a big circle, high to low, one direction, and then the other.*
- 3. Push all around again.*
- 4. Reach up. Then reach as far forward as you can with your arms and upper body in front of you.*
- 5. Reach your fingers to the ground without bending your knees. Let the back of the head hang. Then stretch forward and up to the sky.*

During the 2nd stanza, here are things to do and say:

- 1. Bend the waist to one side, then the other; arms long, legs straight.*
- 2. Reach both arms up to the sky.*

Face the center of the circle:

3. *Twist your waist and push the bubble out, forward and back.*
4. *Reach forward and up, both arms long. Try to keep your shoulders from creeping up to your ears. Lengthen the sides of the trunk.*
5. *Repeat the twist and reach to the other side.*

Waist Twist

Before you begin:

Reach your arms wide, parallel to the floor. Turn your palms to the ceiling, and bend at the elbows to make two right angles. Pretend to be like the agitator in a washing machine, swishing back and forth.

OR,

Put your hands on your hips. You can go between these two shapes as you twist, or add your own ideas.

Head Circles

Before you begin:

Tap the top of your head, where your hair grows (the crown of your head, like Jack's crown that he broke when he fell down!). Tie an imaginary string to the top of your head. Imagine that the string goes right up and out through the roof and is held by a giant, friendly puppeteer. Keep the string long as you circle the head.

1. *Now circle your head slowly in one direction. Don't crunch your neck bones as you slowly circle your head. Let the puppeteer help you keep your shoulders relaxed, your neck long. Imagine the string is drawing a letter "O" on the ceiling.*
2. *Change directions for the second stanza. Now circle your head slowly in the other direction.*

You can also spiral from small to big one way, and big to small the other. Do this by making your big circle get smaller and smaller as you slowly circle the head in one direction slowly. Then, when you reverse the head circle, make the circle get bigger and bigger.

Repeat all the patterns: stretching, twisting and circling, with the music.

If time: Do Flea Song and Mr & Mrs. Arm and Leg

If time: Activity	Duration	Music
Resting	4 min	Songs for Dancing #38

Children lie down around the circle line. Give adjustments and suggest relaxation imagery. Come out of resting for a final Mountain Breath.

Activity	Duration	Music
Closure	3 minutes	Songs for Dancing #1 or #22 (Instrumental)

Reviewed what we did. Take the train back to "shoeville." (where you have left your shoes! Your 'house' is your own pair of shoes, with socks inside, and the toes of your shoes have 'kissed' the wall)