



KaziBantu

Healthy Schools for Healthy Communities

GRADE 4

KAZIKIDZ TEACHING MATERIAL

AUTHOR TEAM OF THE *KAZIKIDZ* TEACHING MATERIAL

Project management

- Prof. Dr. Uwe Pühse, Principal Investigator, University of Basel, Switzerland
 - Prof. Dr. Cheryl Walter, Principal Investigator, Nelson Mandela University, Port Elizabeth, South Africa
 - Prof. Dr. Jürg Utzinger, Director of the Swiss Tropical and Public Health Institute, Basel, Switzerland
 - Prof. Dr. Markus Gerber, University of Basel, Switzerland
 - Dr. des. Ivan Müller, Project Coordinator, University of Basel, Switzerland
 - Stefanie Gall, PhD student, University of Basel, Switzerland
-

Physical Education - Swiss and South African experts and advisors

- Melanie Glover, University of Basel, Switzerland
 - Roman Aebischer, University of Basel, Switzerland
 - Danielle Smith, Nelson Mandela University, Port Elizabeth, South Africa
 - Siphesihle Nqweniso, Nelson Mandela University, Port Elizabeth, South Africa
 - Larissa Adams, Nelson Mandela University, Port Elizabeth, South Africa
 - Nandi Joubert, Nelson Mandela University, Port Elizabeth, South Africa
 - Drusilla Deysel, Eastern Cape Department of Sport, Recreation, Arts and Culture (DSRAC), South Africa
 - Heather Gibbon, primary school physical education teacher, Port Elizabeth, South Africa
 - Margie Botha, primary school teacher, Port Elizabeth, South Africa
 - Prof. Dr. Rosa du Randt, Nelson Mandela University, Port Elizabeth, South Africa
 - Prof. Dr. Darelle van Greunen, Nelson Mandela University, Port Elizabeth, South Africa
 - Dr. Christian Herrmann, University of Basel, Switzerland
 - Dr. Harald Seelig, University of Basel, Switzerland
 - Marina Wälti, University of Basel, Switzerland
-

Moving-to-Music - Swiss and South African experts and advisors

- Chantal Brügger, University of Basel, Switzerland
 - Lize van der Walt, University of Basel, Switzerland
 - Dr. Marelize Marx, Nelson Mandela University, Port Elizabeth, South Africa
 - Beatrice Goetz, dance expert and lecturer, University of Basel, Switzerland
 - Gareth Williams, music producer, Nelson Mandela University, Port Elizabeth, South Africa
 - Christine Joubert, music therapist, Nelson Mandela University, Port Elizabeth, South Africa
 - Nicki-Ann Rayepen, choreographer, Port Elizabeth, South Africa
-

Health, Hygiene and Nutrition - Swiss and South African experts and advisors

- Nicola Hausner, University of Basel, Switzerland
 - Tracey Marais, Nelson Mandela University, Port Elizabeth, South Africa
 - Dorelle Isaacs, Department of Education, Port Elizabeth, South Africa
 - Dr. Peter Steinmann, public health specialist, Swiss Tropical and Public Health Institute, Basel, Switzerland
 - Dr. Bruce Damons, Nelson Mandela University, Port Elizabeth, South Africa
 - Prof. Dr. Annelie Gresse, Nelson Mandela University, Port Elizabeth, South Africa
-

Illustrations and design

- James Scholtz, director of Rooftop, Port Elizabeth, South Africa
- Kathryn Smith, project manager, Rooftop, Port Elizabeth, South Africa
- Sarah Jane Collins, Rooftop, Port Elizabeth, South Africa

The *KaziBantu* project (Healthy Schools for Healthy Communities) has been developed with funding from the Novartis Foundation

Novartis Foundation, Basel, Switzerland: Dr. Ann Aerts, Head of the Novartis Foundation, in collaboration with Christina Wadhwani (Head Incubator Models in Public Health) and Zaahira Gani (Project Manager)

Address

Novartis Foundation
Novartis Campus
Forum 1-3.97
4002 Basel
Switzerland
Phone: +41 61 696 23 00
info@novartisfoundation.org

Media

For media inquiries, please contact Nikolaus Guntrum
Phone: +41 61 696 57 62
nikolaus.guntrum@novartis.com

Acknowledgement

Warm thanks goes to all the DASH (Disease, Activity and Schoolchildren's Health) schools for the trialling and pilot testing of the lessons. Principals and school teachers of the pilot schools provided valuable input during the development of the *KaziKidz* teaching material. Furthermore, for the support a heartfelt thank you goes to Prof. Dr. Hedwig Kaiser, Head International Affairs, University of Basel; Helene Budliger Artieda, Swiss Ambassador to South Africa; Prof. Dr. Derrick Swartz, former Vice-Chancellor of the Nelson Mandela University; Prof. Dr. Andrew Leitch, Deputy Vice-Chancellor, Nelson Mandela University; Prof. Dr. Lungile Pepeta, Dean Health Sciences, Nelson Mandela University; Ernest Gorgonzola, Education District Director, Nelson Mandela Bay Municipality; Dr. Patrick Maduna, Deputy Director for Clinical Services, Eastern Cape Department of Health, Port Elizabeth; and Dr. Patricia Machawira, UNESCO, Advisor for East and Southern Africa and Zimbabwe.

The *KaziKidz* teaching material reflects the views of the authors. The Novartis Foundation cannot be held responsible for the content or any use which may be made of the information contained therein.

The copyright and all other rights to content and illustrations belong exclusively to *KaziBantu* or the specifically named rights holders. For the reproduction of any elements, the written consent of the copyright holders must be obtained in advance.

© 2018 *KaziBantu*

NELSON MANDELA
UNIVERSITY

 **University
of Basel**

Swiss TPH 
Swiss Tropical and Public Health Institute
Associated Institute of the University of Basel

DSBG 
UNIVERSITY OF BASEL
Department of Sport, Exercise and Health

 **NOVARTIS**

**The Novartis
Foundation**

LESSON PLANS FOR

Grade

4



***Health & Hygiene
and Nutrition***



***Physical
Education***



***Moving to
Music***



KaziKidz

Teaching Material for Schoolchildren

TABLE OF CONTENTS

CONTENTS

1	Instructions for Moving to music content pillar	1
2	Grade 4 Moving to music content	
	Lesson tracker	5
	Lesson 1: Movements of animals.....	6
	Lesson 2: Isolations and movement repertoire	8
	Lesson 3: Shapes.....	10
	Lesson 4: Movement rhythms	13
	Lesson 5: Body and facial expression.....	15
	Lesson 6: Movement rhythms	17
	Lesson 7: Quality of movement.....	19
	Lesson 8: New movements	22
	Lesson 9: Rhythm and body percussion	25
	Lesson 10: Pace and movement repertoire	27
	Lesson 11: New movements	29
	Lesson 12: Travelling movements and self-space movements.....	32
	Lesson 13: Formations	35
	Lesson 14: Movement repertoire and body percussion.....	37
	Lesson 15: Shapes and levels	39
	Lesson 16: Movements and force.....	41
	Lesson 17: Movements of animals.....	44
	Lesson 18: Isolations and movement repertoire	46
	Lesson 19: Shapes	48
	Lesson 20: Movement rhythms	51
	Lesson 21: Body and facial expression	53
	Lesson 22: Movement rhythms	55
	Lesson 23: Quality of movement	57
	Lesson 24: New movements	60
	Lesson 25: Rhythm and body percussion.....	63
	Lesson 26: Pace and movement repertoire	65
	Lesson 27: New movements	67
	Lesson 28: Travelling movements and self-space movements.....	70
	Lesson 29: Formations	73
	Lesson 30: Movement repertoire and body percussion.....	75
	Lesson 31: Shapes and levels.....	77
	Lesson 32: Movements and force.....	79
3	Assessment: Moving to music	82
4	Exit.....	83

KAZIKIDZ INSTRUCTIONS FOR MOVING TO MUSIC CONTENT PILLAR

The *KaziKidz* toolkit is a holistic educational and instructional tool for primary school teachers and arose from the project *KaziBantu*. *Kazi* means “active” and *Bantu* means “people” in Swahili, one of the national languages of South Africa. The lessons have been designed in conjunction with South Africa’s Curriculum and Assessment Policy Statement (CAPS). Ready-to-use assessments can be found at the end of each section which may be integrated into formal assessments of learner performance and can supplement the school academic curricula. The aim is to lead learners through content, games and activities, and conducted in a joyful manner that encourages and promotes a healthy lifestyle throughout childhood into adolescence. By using *KaziKidz* you will be contributing to the wellbeing and health of your learners.

The “Moving-to-music” lessons are designed to support teachers to develop personal, physical and psychological skills through dance and movement experiences. With the ready-made lessons, teachers are empowered to teach dance and conduct dance lessons in a school setting. Each lesson has direct instructions that can be read or translated directly to the learners. Teachers do not require any prior knowledge or training in dance. Where teachers are absent, community members or learners will be able to read these instructions and facilitate a meaningful dance experience.

The duration of each lesson is 40 minutes and is split into three parts. In the introduction of each lesson you will find what accompaniment you require for the execution of the dancing lesson. You can choose between using a drummer (you can drum yourself, ask a community member or ask a different learner to drum for each lesson), choose or play your own songs, or download the specific music that accompanies this toolkit. You can also choose to do the activities without any accompaniment. There will always be different options to include music, rhythm or movement without music for each lesson. Each lesson starts with a warm-up and/or cardio activity. The warm-up aims at limbering up joints and muscles before interacting in jumping, spins and dancing movements. Furthermore, the goal is to increase the heart rate and fitness by playful games. The warm-up is followed by an introduction to the specific lesson focus.



The main section contains exploring new movements or concepts, musical songs and creative individual and group activities. The action-song-lessons contain instructions to facilitate the basic steps in the form of a song. Creative-dance-lessons focus on each learner's own way of moving, as learners are encouraged to explore new ways of moving through specific prompts and creative collaborative work. Both types of lessons include activities that among other things teach expressive and explorative movement, interpretation of rhythm and music, improvisation and body awareness. Learners are able to explore the elements of movement such as space, direction, rhythms and sensory awareness. Each lesson closes with a cool-down section in order to calm the learners and prepare them for further school work. The cool-down can maintain presentations of creative group activities, stretching and relaxation of body and mind.

Now, we wish you a lot of fun with the implementation of the *KaziKidz* teaching material and many great experiences with your schoolchildren.

OVERVIEW OF THE KAZIKIDZ MOVING TO MUSIC CONTENT PILLAR AND ASSESSMENT STRUCTURE

GRADES

SCHOOL LEVELS



Foundation Phase



Intermediate Phase



Senior Phase

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

Lessons: 32
Assessment: 1

MOVING TO MUSIC



KaziKidz

Teaching Material for Schoolchildren



Lesson tracker

Moving to Music - Grade 4



This overview table should facilitate the tracking of the lessons and assessments.

Component	Term	Lesson Number	Lesson Content	Date
Moving to Music	Term 1		Shape	
		Lesson 1	Movements of animals	
		Lesson 2	Isolations and movement repertoire	
		Lesson 3	Shapes	
		Lesson 4	Movement rhythms	
		Lesson 5	Body and facial expression	
		Lesson 6	Movement rhythms	
		Lesson 7	Quality of movement	
		Lesson 8	New movements	
		Assessment: Moving to Music		
	Term 2	Lesson 9	Rhythm and body percussion	
		Lesson 10	Pace and movement repertoire	
		Lesson 11	New movements	
		Lesson 12	Travelling movements and self-space movements	
		Lesson 13	Formations	
		Lesson 14	Movement repertoire and body percussion	
		Lesson 15	Shapes and levels	
		Lesson 16	Movements and force	
		Assessment: Moving to Music		
	Term 3	Lesson 17	Movements of animals	
		Lesson 18	Isolations and movement repertoire	
		Lesson 19	Shapes	
		Lesson 20	Movement rhythms	
		Lesson 21	Body and facial expression	
		Lesson 22	Movement rhythms	
		Lesson 23	Quality of movement	
		Lesson 24	New movements	
		Assessment: Moving to Music		
	Term 4	Lesson 25	Rhythm and body percussion	
		Lesson 26	Pace and movement repertoire	
		Lesson 27	New movements	
		Lesson 28	Travelling movements and self-space movements	
		Lesson 29	Formations	
		Lesson 30	Movement repertoire and body percussion	
		Lesson 31	Shapes and levels	
		Lesson 32	Movements and force	
		Assessment: Moving to Music		



Movements of animals

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Name game

Introduction
Time: ~ 5 min

How to play

Clap your hands and say your name in time to the beat. "How many beats does your name have? Some names have one beat, others have two, or three beats."

1. "Make a circle."
2. Choose an easy rhythm to repeat (i.e. slap your thighs twice, and clap).
3. Instruct learners to clap their hands in a regular pattern. "Keep the rhythm!"
4. Each learner must say his/her name in time to the beat. The whole class repeats each name while clapping to the beat.

Musical statues and animals

Main part
Time: ~ 10 min

How to play

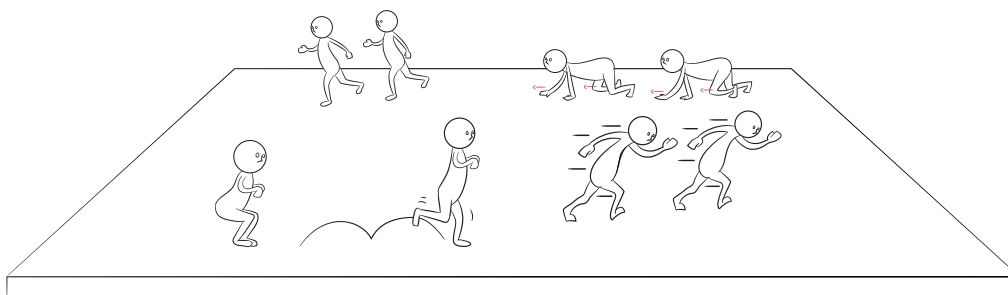
1. Play music. Instruct learners: "Move freely to the music." (Encourage learners to use the entire area they have to move).
Stop the music after 30 seconds; learners must freeze. "Freeze like a statue – do not move!"
2. Play music: Instruct the learners: "Hop around like a rabbit".
Stop music: "Freeze!" (Repeat rabbits 5 times).
3. Play music: "Gallop like a horse."
Stop music: "Freeze!" (Repeat horses 5 times).
4. Play music: "Fly like a butterfly."
Stop music: "Freeze!" (Repeat butterflies 5 times).
5. Play music: "Swim like a fish."
Stop music: "Freeze!" (Repeat fish 5 times).
6. Play music: "Roll your treasure like dung beetle."
Stop music: "Freeze!" (Repeat dung beetles 5 times).
7. Play music: "Walk like an elephant."
Stop music: "Freeze!" (Repeat elephants 5 times).
8. Play music: "Crawl like a spider."
Stop music: "Freeze!" (Repeat spiders 5 times).
9. Play music: "Jump like a dolphin."
Stop music: "Freeze!" (Repeat dolphins 5 times).

Follow the animal

Main part
Time: ~ 5 min

How to play

1. Make groups of two.
2. Choose a leader and a follower. The follower must copy the movements of the leader in front. "Try not to crash with another group".
3. Give the following instructions every 30 seconds:
 - a. "Act like a dog." "Move like a snake across the whole movement area."
 - b. "Gallop like a horse."
 - c. "Change leader."
 - d. "Move like a lion."
 - e. "Move freely across the whole movement area."
 - f. "Choose your favourite animal and move."
 - g. "Change leader."
4. Repeat from the top.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. "Choose an animal. Can you make one big animal with all the bodies in your group? Start your dance with the big animal. Then, choose 4 different movements for your animal. Combine everything together as a dance. End your dance with the sound of the animal."
3. Give the learners 10 minutes to work on their own dance sequence.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Isolations and movement repertoire

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Stop 'n sit

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

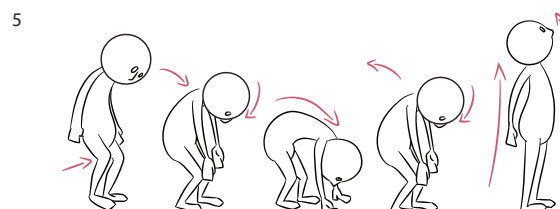
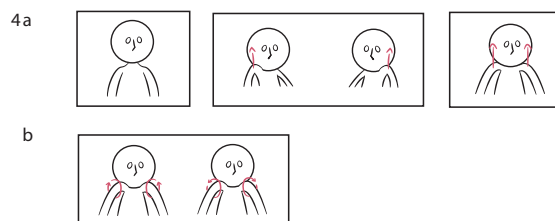
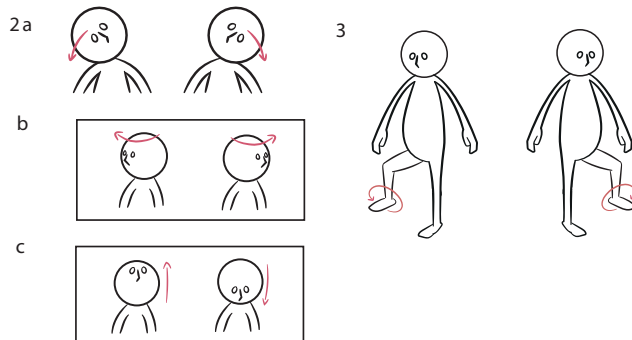
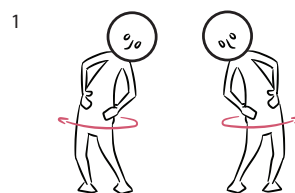
1. Play music/drums: "Move freely to the music." (Move across entire movement area).
2. Stop the music: "Sit down on the floor as fast as you can."
3. The slowest learners need to do 5 star jumps.
4. Repeat the above 10 times.

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

1. **Hula hoops:** Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. **Neck movements:**
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. **Ankle twists:** Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. **Shoulders:**
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.
5. **Roll down:**
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.

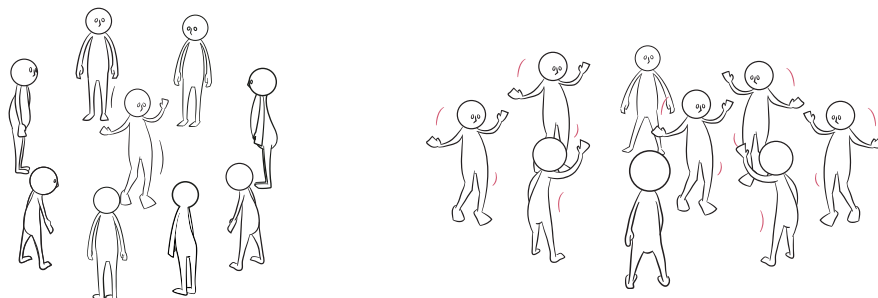


Dance circle

Main part
Time: ~ 5 min

How to play

Stand in a big circle. Choose a learner to go to the middle of the circle. The chosen learner must present a movement to the rest of the learners. Learners must copy the movement. After 16 counts, the middle person must choose another person to go into the middle. Repeat the game until about 10 learners have had a chance to enter the circle.



Creative group activity

Main part
Time: ~ 15 min

How to conduct

1. Divide your class into groups of 5.
2. Instruct each group to design a dance. "Today, each learner must get a chance to suggest one movement." For example, learner A will show a dance movement to the group. The group copies it until they feel comfortable. Learner B will then show the next movement, etc.
3. In total, the dance will have 5 movements. One from each learner.
4. Give the learners 10 minutes to work on their own dance sequence.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Shapes

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Freeze song from the CD.
- Drum any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

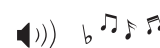
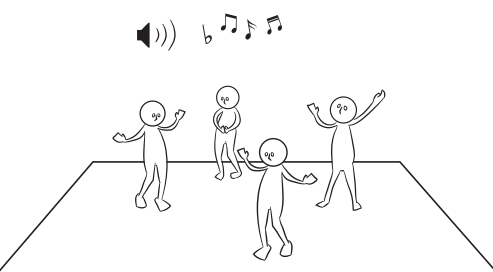
Atom game

Introduction
Time: ~ 5 min

Accompaniment: Play the drum in any rhythm and at any pace.

How to play

1. Let someone play the drum in any rhythm and at any pace. Say to the drummer: "Stop and start whenever you like".
2. Play drum: "Dance around the room."
3. Stop drum: "Freeze in a position where only one hand and two feet touch the ground."
4. Play drum: "Dance around the room."
5. Stop drum: "Freeze on two hands and one foot touching the ground."
6. Play drum: "Dance around the room."
7. Stop drum: "Freeze on only your bottom."
8. Play drum: "Dance around the room."
9. Stop drum: "Freeze with your elbows and feet on the floor."



Freeze song

Main part
Time: ~ 10 min

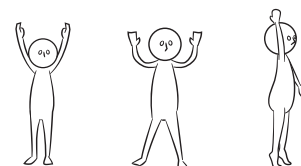
How to move

1. "We are going to practise different levels of 'Freeze'."

High Freeze:

- "Both hands up in the air. Stay there for 4 counts. Relax."
- "Stand with your feet open and pretend that you are holding a hat on your head with both arms. Stay there for 4 counts. Relax."
- "On your toes, one arm reaches up to the stars. Stay there for 4 counts. Relax."

High



Medium Freeze:

- "Feet open wide, bend your knees and hold it for 4 counts. Relax."
- "Cross your arms in front of your chest. Lean over to the side. 4 counts in that position without moving. Relax."
- "Feet open, bend your knees, putting your elbows on your knees and do not move for 4 counts."

Middle



Low Freeze:

- "Touch the ground with only one hand. Keep your balance without changing the position."
- "Kneel down on one knee and touch the ground with your hands. Stay like this for 4 counts."

Low



Freeze song

Continued

Follow the instructions of the Freeze song. You can either play the Freeze song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Creative movement activity

Main part
Time: ~ 10 min

How to conduct

1. "Stand in groups of 4."
2. "In your group, find 2 high freezes, 2 medium freezes and 2 low freezes."
3. Give the learners 3 minutes to choose their own freezes.
4. After 3 minutes: "Decide on a dance movement that you can use in between your freezes. For example do a turn, a jump, shoot your fingers out, kick your foot or wiggle."
5. "Practise your freeze dance."
6. Provide learners with 5 minutes to practise.
7. "It is show time. Sit where you are, in your group."
8. Instruct each group to show its dance to the rest of the class."

Freestyle circle

Cool down
Time: ~ 5 min

How to play

Choose a drummer. Let the drummer drum at any pace and rhythm. Say to the drummer "Stop and start as often as you like."

1. "Stand in two circles."
2. "Dance in the middle of the circle one by one. Each one dancing for approximately 30 seconds, then letting the next one into the circle. When the music stops, everyone freeze at different levels."
3. Allow learners to dance and freeze for approximately 3 minutes.

Outro

Cool down
Time: ~ 5 min

How to stretch

As the teacher, read the following instructions in a calm voice.

1. "Sit on the floor and close your eyes."
2. "Imagine:
 - You are standing in front a floating boat that floats to the clouds.
 - You get on the boat. The boat leaves moving towards the clouds.
 - You can feel the light breeze touching your face.
 - You see where you are going. Up. The clouds get closer and closer.
 - You feel light and safe.
 - When you get to the clouds you jump on a cloud.
 - The cloud you jumped on gets heavy and slowly sinks back to the earth."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts. Open your eyes again."



Movement rhythms

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any pace and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Follow the leader

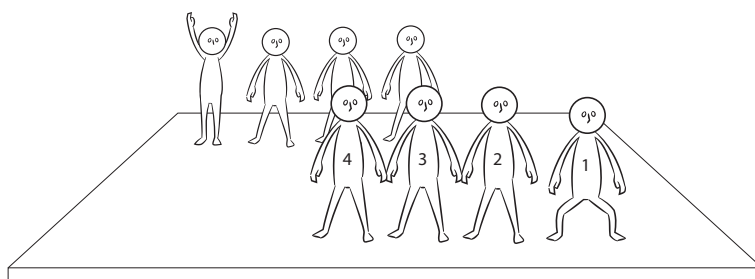
Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat.

How to play

Accompaniment: drum and change the speed of the beat, often.

1. Place learners in groups of 4.
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, do interesting movements at different levels."
7. After 1 minute, "Change leader."
8. "New leader, do interesting movements at different levels."
9. After 1 minute, "Change leader."
10. "New leader, do your own movements at different movements at different levels."

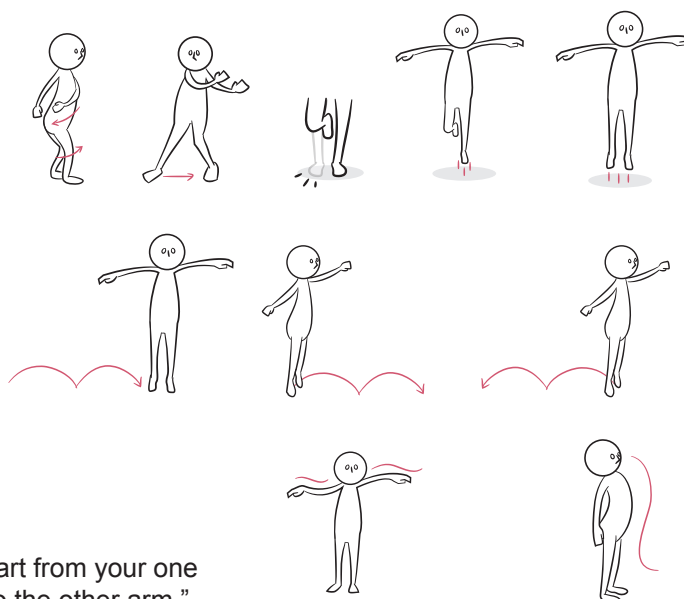


Twist song

Main part
Time: ~ 10 min

How to perform

1. "Stay where you are."
2. "See if you can do the following movements:"
 - "Can you do the twist? Turn both your feet and knees to the same side."
 - "How about slide and clap? Take a big step to the side, then pretend that your other foot is numb and pull it in towards the healthy foot."
 - "Show me how you stamp your feet, 123, 123, 123, 123."
 - "Hop on one leg."
 - "Hop on both."
 - "Hop sideways."
 - "Hop forwards."
 - "Hop backwards."
 - "Can you show me a wave with your arms? Start from your one arm and let the wave flow through your body to the other arm."
 - "Can you show me a wave with your body? Start from your head and let the wave flow through your body to your feet."



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's us see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Words have rhythm

Main part
Time: ~ 15 min

How to play

1. Place learners in groups of 3.
2. "What happens when we say the same word in a different rhythm? i.e. staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
3. "Find a movement that goes with the rhythm."
4. "Staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
5. "In your group, choose one word: twist, slide, clap, stamp, hop or wave."
6. "Find three different rhythms and ways of saying that word."
7. "Find three different ways of showing us that word."
8. After 2 minutes, "Can you add these three movements together to make a dance?"
9. After 1 minute: "Can you say the words in different rhythms as you dance?"
10. "It is show time. Sit down where you are."
11. Instruct each group to show you its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you standing in front of a white wall.
 - You are given the task of painting of your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat this three times.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."



Body and facial expression

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Stop 'n formation

Introduction
Time: ~ 5 min

How to play

1. Play music: "Run and dance around to the music." (Move across entire area).
2. Stop the music after 30 seconds: "Find a partner as fast as you can and sit down!"
3. Repeat the above 5 times.
4. Now play and stop the music, but give a different instruction each time you stop:
 - a) "Make groups of 4 as fast as you can. Connect with your fingers."
 - b) "Make a line of 3 as fast as you can. Connect with your shoulders."
 - c) "Make a circle with the whole class. Connect with your feet."
 - d) "Find a partner as fast as you can. Stand back to back." (Repeat 5 times).

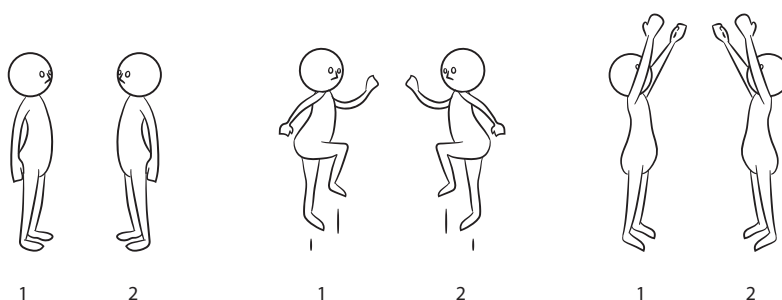
Mirror mirror

Main part
Time: ~ 10 min

How to play

Orientation: Have you ever looked in a mirror? What happens to the person in the mirror when you move?

1. "Stand facing your partner with a small space between you."
2. One learner is the "person" and the other, the "mirror".
3. Play/sing music or start drumming.
4. Instruct: "Person, make your own movements. "Mirror, you must be the mirror. Copy the movements of the person."
5. After 1 minute: "Change over! Mirrors, you become the person. Make your own movements. New mirrors, be the mirror."
6. After 1 minute: "Change over again. Person, can you jump?"
 - a. "Run on the spot."
 - b. "Wave your arms."
 - c. "Change over again! Change leader."
 - d. "Wiggle one body part."
 - e. "Twist."

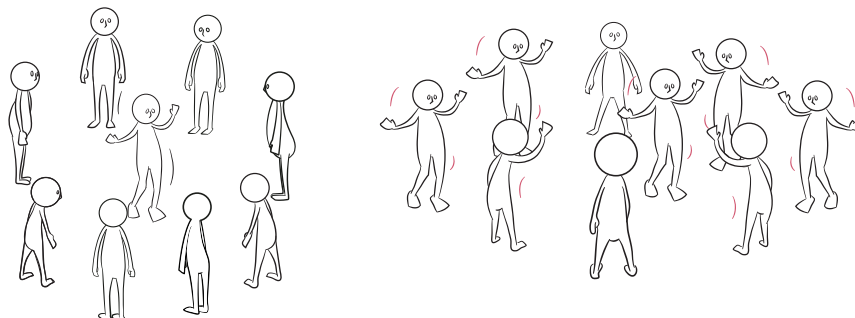


Dance circle

Main part
Time: ~ 5 min

How to play

Stand in a big circle. Choose a learner to go to the middle of the circle. The chosen learner must present a movement to the rest of the learners. Learners must copy the movement. After 16 counts, the middle learner must choose another learner to go into the middle. Repeat the game until about 10 learners have had a chance to enter the circle.



Creative group activity: Move to mood

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5.
2. Instruct your learners: "In your group, create a dance where you show two different moods: sad and happy. Choose 2 sad movements, and 3 happy movements. String them together in a dance."
3. "You can use movements from 'mirror mirror' and the dance circle if you like. Use your whole body and facial expressions."
4. Give learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement rhythms

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any pace and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Follow the leader

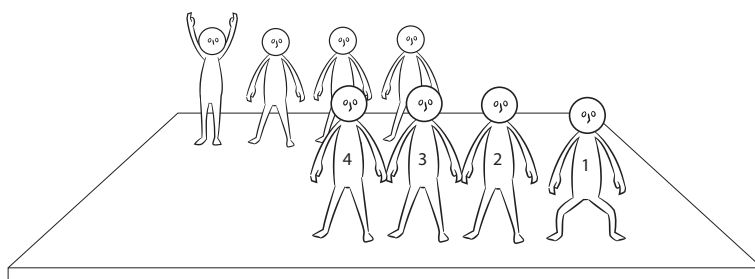
Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat.

How to play

Accompaniment: drum and change the speed of the beat, often.

1. Place learners in groups of 4.
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, do interesting movements at different levels."
7. After 1 minute, "Change leader."
8. "New leader, do interesting movements at different levels."
9. After 1 minute, "Change leader."
10. "New leader, do your own movements at different movements at different levels."

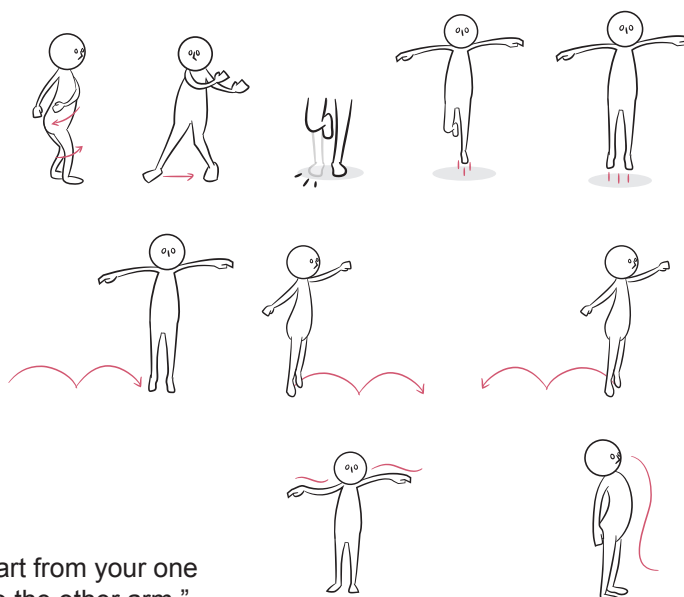


Twist song

Main part
Time: ~ 10 min

How to perform

1. "Stay where you are."
2. "See if you can do the following movements:"
 - "Can you do the twist? Turn both your feet and knees to the same side."
 - "How about slide and clap? Take a big step to the side, then pretend that your other foot is numb and pull it in towards the healthy foot."
 - "Show me how you stamp your feet, 123, 123, 123, 123."
 - "Hop on one leg."
 - "Hop on both."
 - "Hop sideways."
 - "Hop forwards."
 - "Hop backwards."
 - "Can you show me a wave with your arms? Start from your one arm and let the wave flow through your body to the other arm."
 - "Can you show me a wave with your body? Start from your head and let the wave flow through your body to your feet."



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's us see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Words have rhythm

Main part
Time: ~ 15 min

How to play

1. Place learners in groups of 3.
2. "What happens when we say the same word in a different rhythm? i.e. staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
3. "Find a movement that goes with the rhythm."
4. "Staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
5. "In your group, choose one word: twist, slide, clap, stamp, hop or wave."
6. "Find three different rhythms and ways of saying that word."
7. "Find three different ways of showing us that word."
8. After 2 minutes, "Can you add these three movements together to make a dance?"
9. After 1 minute: "Can you say the words in different rhythms as you dance?"
10. "It is show time. Sit down where you are."
11. Instruct each group to show you its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you standing in front of a white wall.
 - You are given the task of painting of your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat this three times.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."



Quality of movement

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Tiptoe song from the CD.
- Drum at any speed and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

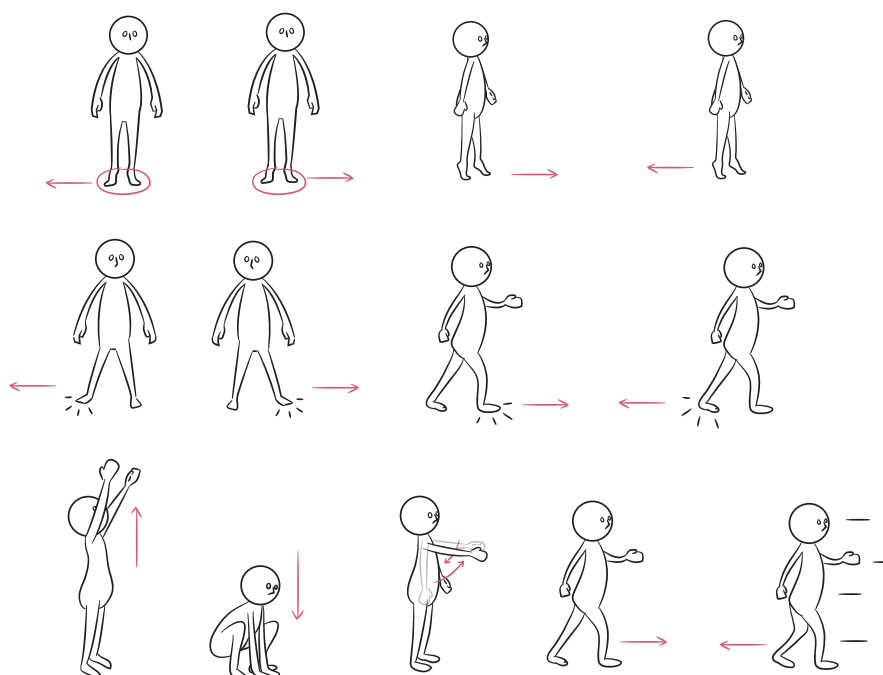
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Quality of movement

Introduction
Time: ~ 5 min

How to play

1. "Stay in the circle."
2. "Move around in the circle as you:
 - "Tiptoe to the right." (x8)
 - "Tiptoe to the left." (x8)
 - "Tiptoe slowly into the circle." (x8)
 - "Tiptoe slowly out of the circle." (x8)
 - "Stamp stamp, stamp to the right of your circle."
 - "Stamp stamp, stamp to the left of your circle."
 - "Stamp into the circle."
 - "Stamp out of the circle."
 - "Stretch slowly."
 - "Shrink slowly."
 - "Shoot out your arms! Right, left, right."
 - "Tiptoe backwards in your circle."
 - "Strong stamps sideways as you move to the left in your circle."
 - "Step slowly and gently forward into the circle."
 - "Run fast backwards out of the circle."



Quality of movement

Continued

Follow the instructions of the Tiptoe song. You can either play the Tiptoe song from the CD or use drums and sing the lyrics below:

Chorus:

Let us play a gentle song
Everybody play along
Let us take a de-e-e-e-e-p breath now
Slow and easy, let us stre-e-e-e-tch

Verse 1:

Stretch out slowly 1-2-3
Like the branches of a tree
Stretch as far as you can go
Far and wide, high and low

Chorus

Verse 2:

Be a river, wide and deep
Slowly, slowly flowing free
Through the lands and through the trees
Gently flowing to the sea

Chorus

Verse 3:

Wake up, wake up, do some yawning
Stretch your body, it is morning!
Breathe in deeply, then breathe out
Time to move and time to shout!

Chorus

Verse 4:

Shrink into a little ball
Just as tight as you can go
Slowly, slowly, getting small
Like a little animal

Chorus

Verse 5:

Now let's open up again
Reach up, become tall again
Higher, higher, to the sky
Open up and let us fly!

Chorus

Verse 6:

Now move like a giant cloud
Floating upwards on the wind
Big steps, wide steps, all around
Quietly, without a sound

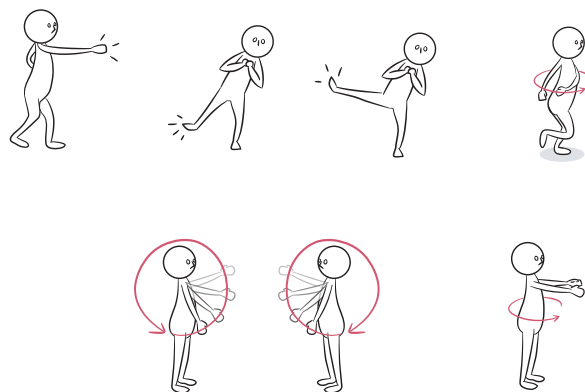
Chorus

Strong and fast movements

Main part
Time: ~ 10 min

How to play

1. "Stand in 4 lines and face the teacher."
2. "Let us do some strong fast movements."
 - "Punch, punch, punch, punch."
 - "Kick your feet to the front, one at a time."
 - "Kick your feet low."
 - "Kick your feet up high."
 - "Kick your feet across your body low."
 - "Kick your feet across your body high."
 - "Kick your feet to the side low."
 - "Kick your feet to the side up high."
 - "Turn fast (spin around on one foot)."
 - Repeat from the top of this list.
3. "Movements can also be slow and gentle."
 - "Tiptoe forwards."
 - "Make a big gentle circle with your one arm."
 - "Make a big gentle circle with your other arm."
 - "Turn gently with your arms stretched out in line with your shoulders."



Creative movement activity

Main part
Time: ~ 10 min

How to play

1. Place learners in groups of 4.
2. "Movements can be gentle and slow, or they can be fast and strong. In your group, make up two of your own gentle movements, and two of your own fast movements. Try not to use the movements we used in class today. Make your own."
3. After 3 minutes: "Combine these movements together to make a little dance."
4. After 2 minutes: "Add an ending position to your dance."
5. Allow 2 minutes to prepare their dance.
"It is show time. Sit where you are."
6. Instruct each group to show the class their dance.

Freestyle circle

Main part
Time: ~ 5 min

How to play

Choose a drummer. Let the drummer drum at any pace and rhythm.

1. "Stand in two circles."
2. "Dance in your circle while taking turns going to the next person on your left. One by one go into the circle and show 3 of your favourite moves that we did today."
3. Allow learners to dance for approximately 3 minutes.

Outro

Cool down
Time: ~ 5 min

How to stretch

As a teacher read these following instructions in a calm voice.

- "Lie on the ground and close your eyes."
- "Breathe in 8 counts, hold your breath for 4 counts and breathe out 8 counts."
- "Concentrate and feel your heart beat."
- "Feel your heart beat steady and quiet."
- "Listen to the heart beat for a while. Can you hear a rhythm?"
- "Hear your blood flush through your veins."
- "Listen carefully. You can hear it sounding like a radio without a signal."
- "Now again, breathe in 8 counts, hold your breath for 4 counts and breathe out 8 counts. Do this 3 times."
- "Slowly open your eyes and sit upright taking in your surroundings."

If you want, you can play soft, relaxing music in the background.



New movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

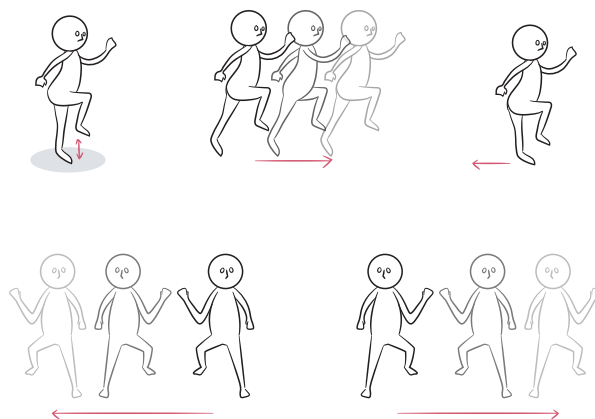
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Gallops

Introduction
Time: ~ 5 min

How to move

1. "Have you seen a horse gallop? They use their feet separately. One foot and then the other one. Right left, right left, right left as they hop gently in the air."
 - "Gallop like a horse on the spot."
 - "Gallop like a horse around the room."
 - "Can you gallop sideways, to the left?"
 - "Can you gallop sideways, to the right?"
 - "Can you gallop backwards."
 - "Gallop on the spot."
 - "Gallop four times and jump over a bush. Repeat your gallops and jumps all around the room."

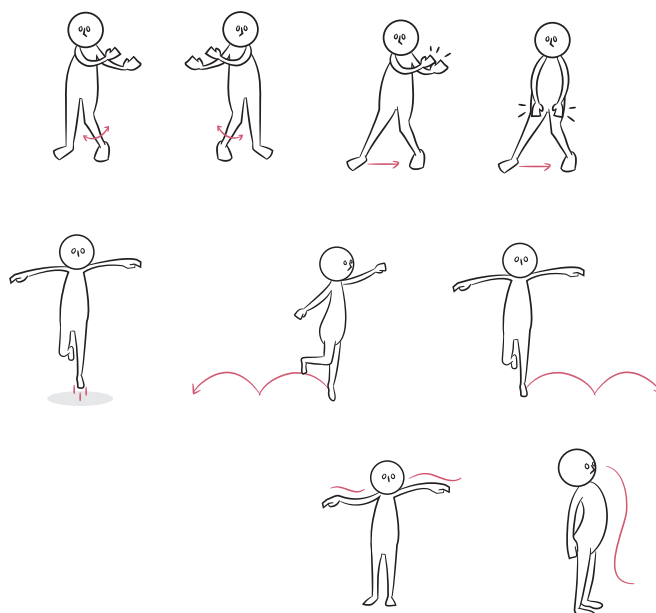


Twist song

Main part
Time: ~ 10 min

How to move

1. "Stay where you are."
2. "Let us practise some more new movements."
 - "Can you the twist with only one foot?" (x8)
 - "Twist only the other foot." (x8)
 - "Slide and clap." (x8)
 - "Slide and slap your hands on your hips." (x8)
 - "Hop on one leg on the spot."
 - "Hop on one leg backwards"
 - "Hop on one leg sideways."
 - "Hop on the other leg."
 - "Make a wave with your arms, starting from one arm and go through your body to the other arm."
 - "Make a wave with your whole body."
 - "Make a wave by using only half of your body."
 - "Can the other half of your body do it too?"



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

First and second cycles (Slow and medium tempo)

Twist your body side to side
Feet together, get down low
Twist your body side to side
Just how low...can you go?

Do the slide and clap as one
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Do the slide and clap as one
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Stamp your feet then clap your hands
Stamp, clap, stamp, clap
Stamp your feet then clap your hands
Stamp, clap, stamp, clap

Hop to the front (hop, hop)
Hop to the back (hop, hop)
Now to the left (hop, hop)
Then to the right (hop, hop)

Make a wave with your arms
Swish, swish
Make a wave with your arms
Swish, swish

Third cycle (Fast tempo)

Twist your body, get down low
Twist, twist
Twist your body, get down low
Twist, twist

Do the slide and clap your hands
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Stamp your feet and clap your hands
Stamp your feet and clap your hands

Hop to the front
Hop to the back
Now to the left
Then to the right

Make a wave, swish
Make a wave, swish
Now put it all together
And it goes like this!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
Lets go!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
One more time!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
Yeah!

Two favourite moves

Main part
Time: ~ 15 min

How to perform

1. "By yourself, choose your 2 favourite movements that you learnt today."
2. Provide learners some time to think.
3. "Find a partner."
4. "Teach your favourite 2 movements to your partner."
5. "Add your 4 movements together to make a dance."
6. After 3 minutes: "Add an ending position."
7. After 2 minutes: "It is show time!"
8. "Sit where you are."
9. Three pairs can show its dances at the same time. Make sure all the learners have an opportunity to show their dances to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
 - "Move your body gently."
 - "Imagine you relax little by little, one part of your body at a time."
 - "Firstly, your face relaxes,
 - Then your shoulders,
 - Then your arms,
 - Then your hands."
 - "Now, slowly relax your hips,
 - Your legs start to relax,
 - Your knees relax and your feet relax."
 - "You are so relaxed that you gently collapse to the floor. Now open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Rhythm and body percussion

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Move! But how?

Introduction
Time: ~ 5 min

How to play

1. Give one of the following movement instructions, every 30 seconds:
2. "Run around the movement area."
3. "Walk through the mud."
4. "Run on ice."
5. "Walk through a thick forest."
6. "Rush to the bus."
7. "Walk through water."
8. "Run over hot sand."
9. "Walk barefoot on stones."
10. "Walk with a thorn in your foot."

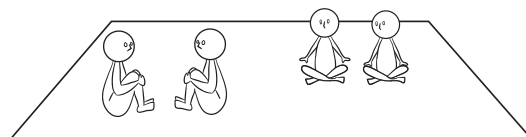
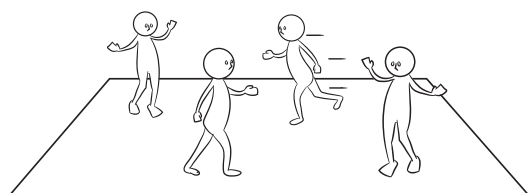
Stop 'n formation

Introduction
Time: ~ 5 min

Accompaniment: Play music.

How to play

1. Play music: "Run and dance around to the music. Use the entire area."
2. Stop the music: "Find a partner as fast as you can and sit down."
3. Repeat the above 5 times!
4. Now, play and stop the music, give a different instruction each time you stop (repeat 5 times):
 - a) "Make groups of 4 as fast as you can. Connect with your feet."
 - b) "Make a line of 3 as fast as you can. Connect with your fingers."
 - c) "Make a circle with the whole class. Connect with your shoulders."
 - d) "Find a partner as fast as you can. Stand side to side."



Rhythm circle

Main part
Time: ~ 5 min

How to play

1. Make a circle. Stomp a rhythm with your feet (r-l-r-l). Instruct learners to stomp the rhythm with you.
2. Clap your hands twice on every second foot (for example, clap two times when you stomp the left foot).
3. Once learners are comfortable with the rhythm, start the game:
4. "Everybody stomp his/her feet. One person claps his/her hands twice and passes the rhythm on to the next person in the circle.
5. Start slow. "Keep the beat steady." "Do not go faster!"
6. The learner who fails must run around the circle and join the game again. Allow the first round to be a practice round.

Body percussion circle

Main part
Time: ~ 5 min

How to play

1. Make a circle.
2. Instruct learners:
 - a. "Clap your hands 1, 2, 3." Let them repeat the claps after you.
 - b. "Snap your fingers 1, 2, 3." Let them repeat the snaps after you.
 - c. "Slap your thighs 1, 2, 3." Let them repeat the slaps after you.
 - d. Stomp your feet, 1, 2, 3." Let them repeat the stomps after you.
 - e. Cluck like a chicken, 1, 2, 3. Let them repeat the clucks after you.
 - f. Whistle, 1, 2, 3." Let them repeat the whistles after you.
3. "Now, can you make your own mix?"
4. You start: Stomp, stomp, click; stomp, stomp, click.
5. Learners must copy your rhythm 8 times then stop.
6. Instruct the learner next to you: "Create a new rhythm." Learners must copy the new rhythm 8 times and stop. Each learner must have a turn to create a different, new rhythm pattern.

Creative group activity: Body percussion sequence

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. Instruct learners: "Make different sounds and rhythms by using your body (i.e. clapping, clicking, stomping, slapping the chest, etc.)."
3. Instruct learners: "Choose 5 different body percussion movements. Combine these movements and make a dance."
4. Give learners 10 minutes to practise.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its body percussion sequence to the class.



Pace and movement repertoire

Moving to music: Intermediate phase

Accompaniment

- Play/sing 5 different songs of your choice.
- Play 5 different paces and rhythms of your choice.

Run to the music

Introduction
Time: ~ 5 min

Accompaniment: Play/sing at least five different songs, each with a different speed (tempo).

How to play

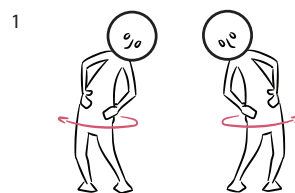
Instruct learners: "Dance around the movement space. Change your movements according to the speed, rhythm and style of the song. (For example, a slow song will have slow big movements).

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

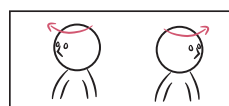
1. **Hula hoops:** Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. **Neck movements:**
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. **Ankle twists:** Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. **Shoulders:**
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.
5. **Roll down:**
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.



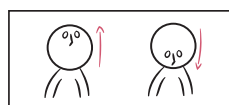
2a



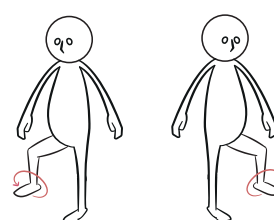
b



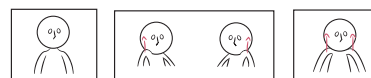
c



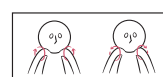
3



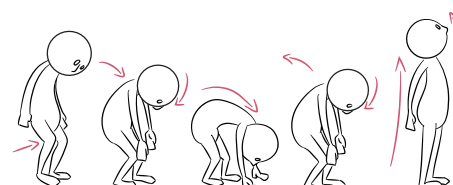
4a



b



5

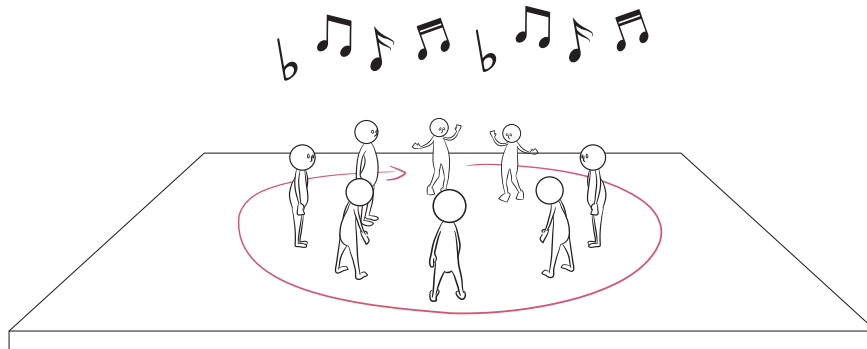


Favourite moves circle

Main part
Time: ~ 5 min

How to play

1. Build a circle. Play some music. Instruct each learner to present his/her favourite dance movement to the class. The class must copy each learner's movement until it can execute the movement comfortably.
2. Choose learner one. Once learner one has finished, the learner to the right continues to demonstrate his/her favourite movement. It must be a new movement. Already shown movements may not be repeated.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5. Instruct your learners to create a dance sequence with the following instructions:
2. "Choose 4 different movements."
3. "Two movements must be slow and two movements must be fast."
4. "Combine your movements together to a flowing sequence. Add an ending."
5. Give the learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



New movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum to a fast running pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Skipping

Introduction
Time: ~ 5 min

How to play

1. "Can you skip? Step on your one foot and hop. Step on your other foot and hop."
2. "Move forward and around the room as you skip (step, hop, step, hop)."
3. "Can you do it fast?"
4. "Can you fly through the air as you skip fast?"

Boxing match song

Introduction
Time: ~ 5 min

How to play

1. "Today we are going to practise some boxing movements."
 - "Jump!"
 - "Run on the spot."
 - "Hop on your right foot to the right side."
 - "Hop on your left foot to the left side."
 - "Hop changing feet, right, left, right, left."
 - "Gallop three times to the right."
 - "Gallop three times to the left."
 - "Skip!"
 - "Box in the air."
 - "Duck: take your body down to duck underneath a low branch so that you do not hit your head."
 - "Kick: high kicks, medium kicks and low kicks."
 - "Criss-cross: jump with your feet across and then open again."



Boxing match song

Continued

Follow the instructions of the Boxing match song. You can either play the Boxing match song from the CD or use drums and sing the lyrics below:

I-i-i-i-t's boxing time!
Boxing time is lots of fun
Come and try it, everyone!

Jump up and down...

Run on the spot...

Slow punch left...

Slow punch right...

Punch really fast!
Let's speed it up!
Punch really fast!
Let's speed it up!

Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)
Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)

Now skip – jump, jump...

Duck! Duck way down...

Punch in the air
Fists to the front
Punch in the air
Fists to the front

Criss cross over 1-2-3-4
Criss and cross
Criss cross over 1-2-3-4
Criss and cross

Low kick left leg 1-2-3-4
Low kick left leg 1-2-3-4
Low kick right leg 1-2-3-4
Low kick right leg 1-2-3-4

High kick left leg 1-2-3-4
High kick left leg 1-2-3-4
High kick right leg 1-2-3-4
High kick right leg 1-2-3-4

Boxing time is almost done
Working up a sweat is fun
Boxing is for everyone
Let's give one last punch for fun!
1-2-3 and PUNCH!

Creative movement activity

Main part
Time: ~ 20 min

How to move

1. Place learners in groups of 4.
2. "Use the movements we did today."
 - Skip
 - Box
 - Kick
 - Gallop
 - Duck
 - Criss cross
3. "In your group, use these movements and create a dance. For example, 2x kicks, 4x jumps, 1x skip, and 4x criss-cross."
4. "Practise your dance with your group."
5. Allow 7-10 minutes for learners to practise.
"It is show time. Sit where you are."
6. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

As the teacher, read the following instructions in a calm voice.

1. "Sit on the floor and close your eyes."
2. "Imagine:
 - You are standing in front a floating boat that floats to the clouds.
 - You get on the boat. The boat leaves moving towards the clouds.
 - You can feel the light breeze touching your face.
 - You see where you are going. Up. The clouds get closer and closer.
 - You feel light and safe.
 - When you get to the clouds you jump on a cloud.
 - The cloud you jumped on gets heavy and slowly sinks back to the earth. Open your eyes again."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Travelling movements and self-space movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Touch song from the CD.
- Drum at a steady fast walking beat.

Intro ritual

Introduction
Time: ~ 5 min

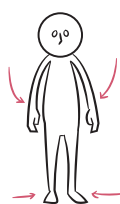
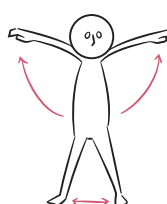
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Warm up song

Introduction
Time: ~ 5 min

How to play

1. "Stand in 2 lines facing each other. Every learner should have a partner."
2. "Let us do some new movements."
 - "Touch your own shoulders, one hand at a time. Use your right hand to touch your left shoulder, and your left hand to touch your right shoulder. Touch your shoulders four times across your body."
 - "Touch your own hips, one hand at a time, across your body."
 - "Touch your own knees, one hand at a time, across your body."
 - "Touch your own toes, one hand at a time, across your body. (If you cannot reach your toes, bend your knees a little)."
 - "Tap your right foot."
 - "Tap your left foot."
 - "Turn your head to the side."
 - "Turn your head to the other side."
 - "Jump!"
 - "Clap!"
 - "Star jump" (Jump with your feet open, jump with your feet closed. Open your arms as you jump open, drop your arms next to your body as you jump close).
 - "Run on the spot."
 - Repeat the whole sequence from the top.



Warm up

Introduction
Time: ~ 5 min

Follow the instructions of the Touch song. You can either play the Touch song from the CD or use drums and sing the lyrics below:

Touch your shoulder on the left
Touch your shoulder on the right
Now let's do it double time
Touch, touch, left
Touch, touch, right

Touch your hip on the left
Touch your hip on the right
Now let's do it double time
Left hip, right hip
Hip hurray!

Hands on your knees now
Hold it there
Criss cross over if you dare
Hands on your knees now
Hold it there
Criss cross over if you dare

Reach for your feet now
Touch your toes
Left foot, right foot, touch those toes
Reach for your feet now
Touch your toes
Left foot, right foot, touch those toes

Tap your left foot to the side
Tap your right foot to the side
Tap your left foot to the side
Tap your right foot to the side

Turn your head from side to side
To the left and to the right
Turn your head from side to side
To the left and to the right

Let's jump forward, come on jump
To the right now, come on jump
Let's jump backwards, come on jump
To the left now, one big jump!

Clap your hands now 1-2-3-4
Clap your hands now, clap some more
Slap your knees now, 1-2-3-4
Slap your knees now, slap some more

Shake your bottom 1-2-3-4
Shake – shake – shake and wiggle
Stamp your feet now 1-2-3-4
Stamp, stamp, stamp on the floor

Ready for a star jump?
Jump, jump, jump, jump
Open wider and let's jump
Jump, jump, jump, jump

Walk like a tortoise, really slow
See how slowly you can go
Walk like a tortoise, really slow
See how slowly you can go

Be a rabbit, speed it up
Faster, faster, up-up-up
Now be a rabbit, speed it up
Faster, faster, up-up-up

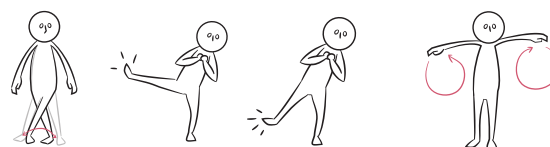
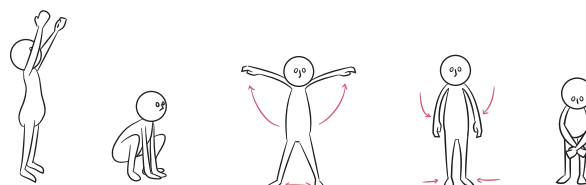
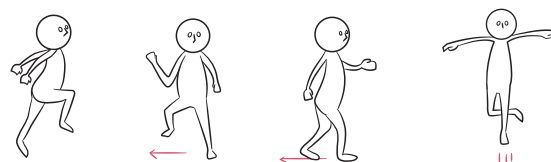
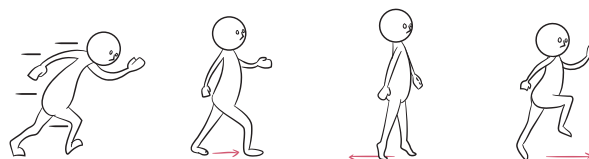
Now we've done this funny song
Touching, jumping, having fun
Clapping, laughing all day long
Party time for everyone
Touch, touch!

Travelling and self-space

Main part
Time: ~ 10 min

How to play

1. "In dance we have movements that travel. Movements that take us from one corner of the room to the other corner of the room."
2. "Stand in the corner and get ready to travel to the other corner of the room (or field)."
 - "Run!"
 - "Walk with big steps."
 - "Walk backwards on your tiptoes."
 - "Gallop forward."
 - "Skip!"
 - "Gallop sideways."
 - "Walk backwards."
 - "Hop on one foot."
3. "Stay where you are."
4. "In dance, we also have movements that do not travel. Movements that we do in our own little space. We call these movements self-space movements."
 - "Stretch tall."
 - "Crouch to the floor."
 - "Star jump!"
 - "Criss-cross your hands on your knees."
 - "Criss-cross your feet."
 - "Kick high!"
 - "Kick to the sides."
 - "Make a big circle with both your arms."



Creative movement activity

Main part
Time: ~ 15 min

How to play

1. Place learners into groups of 5.
2. "Design your own self-space movements and travelling movements."
3. "Do one self-space movement, one travelling movement, one self-space movement and one travelling movement."
4. After 4 minutes: "Add an ending position."
5. Give learners 10 minutes to practice their dance.
6. "It is show time. Sit where you are"
7. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you are standing in front of a white wall."
 - You get the task of painting your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat breathing 3 times.



Formations

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Move! But how?

Introduction
Time: ~ 5 min

Accompaniment: Play music.

How to play

Play music and instruct learners to run around the movement area. Give one of the following instructions, every 30 seconds:

1. "Act like you are chasing a rabbit."
2. "Run through the forest."
3. "Jump over the flowers on the flowerbed."
4. "Crawl under the branch of a tree."
5. "Hop hop like a rabbit."
6. "Run over hot sand."
7. "Walk on ice."

Stop 'n freeze

Main part
Time: ~ 10 min

Accompaniment: Play music.

How to play

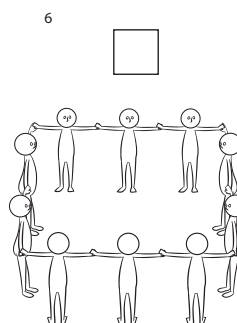
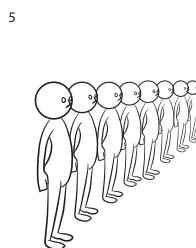
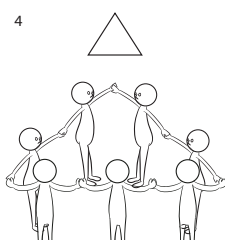
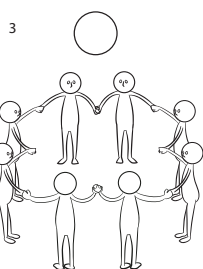
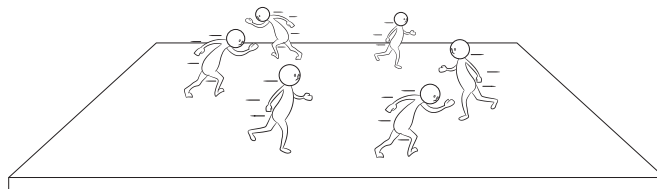
1. Play music: "Move freely to the music." (Move across entire area).
2. Stop the music: "Freeze! Do not move!"
3. Repeat the above 5 times.
4. Now, play and stop the music each time with a different instruction for the freeze:
 - a) "Stand on one leg."
 - b) "Place one leg and two hands on the floor."
 - c) "Lay on your back. Only your back must touch the floor."
 - d) "Only one arm and one leg on the floor."
 Repeat 5 times.

Group formations

Main part
Time: ~ 5 min

How to play

1. Make groups of 10.
2. Play music/drums: "Run around to the music."
3. Stop the music/drums: "Make a circle in your group."
4. Play music and stop: "Make a triangle in your group."
5. Play music and stop: "Stand in a line."
6. Play music and stop: "Make a square in your group."
7. Play music and stop: "Stand in a close group."
8. Play music and stop: "Make a cross in your group."
9. Repeat instructions 3 times.

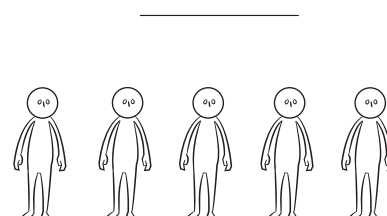
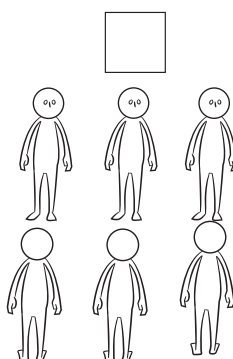
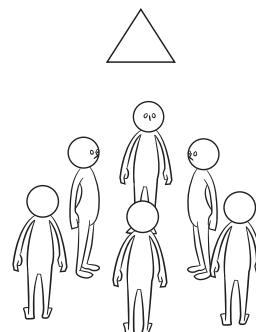
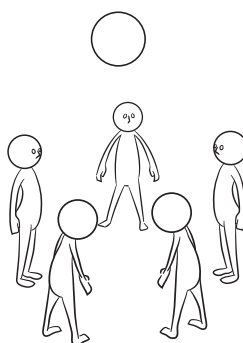


Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 6.
2. "Choose a sport. Choose 4 different movements to portray that particular sport."
3. "Choose 2 different formations (line, square, triangle, circle etc.)."
4. "In total the dance should contain 4 different movements to portray a sport and 2 different formations. Use these movements to make a dance. It must look like a dance."
5. "Ensure that each movement flows smoothly from one movement into the next. Add an ending position."
6. Give the learners 10 minutes to work on their own dance sequence.



Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement repertoire and body percussion

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

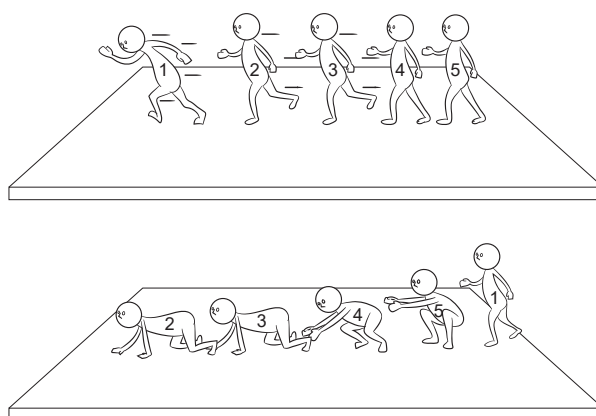
Follow the leader

Introduction
Time: ~ 5 min

How to play

Make groups of five. Choose a leader for each group. Instruct the leaders to walk in interesting ways (i.e. walking, skipping, crawling etc.). Learners must follow their leader.

1. First leader must: "Walk and do interesting movements". "Try not to crash with another group. Follow your leader!"
2. After 30 seconds: "Leaders, crawl! Follow your leader!"
3. After 30 seconds: "Turn around to face the back. Back person, you are now the new leader."
4. "Leader, dance around. Follow your leader."
5. "Leader, walk fast. Follow your leader."
6. "Turn around to face the back again. Skip! Follow your leader."
7. After 30 seconds: "Turn around to face the back again. Walk with baby steps."
8. After 30 seconds: "Walk with big steps. Lift your legs up high."

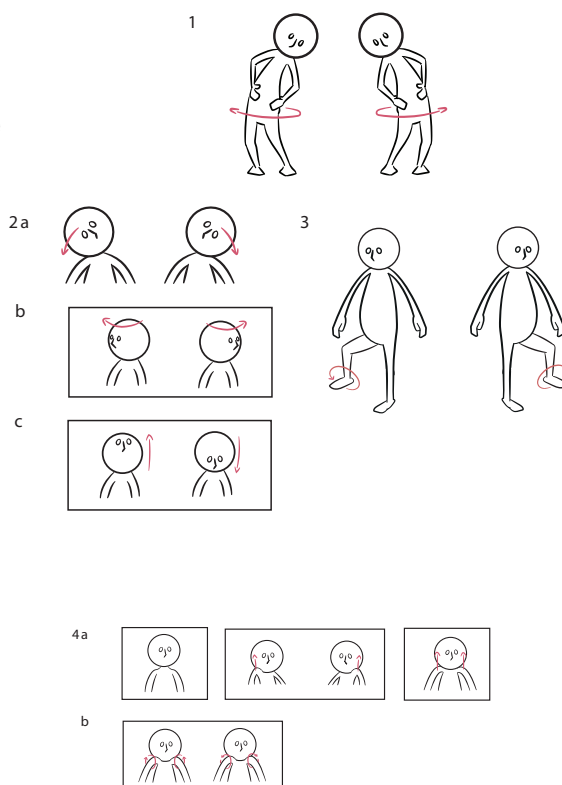


Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

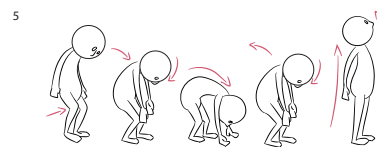
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Neck movements:
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. Shoulders:
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.



Mobilisation and isolations

Continued

1. Roll down:
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.



Body percussion circle

Main part
Time: ~ 5 min

How to play

1. Make a circle.
2. Instruct learners:
 - a. "Clap your hands 1, 2, 3." Let them repeat the claps after you.
 - b. "Snap your fingers 1, 2, 3." Let them repeat the snaps after you.
 - c. "Slap your thighs 1, 2, 3." Let them repeat the slaps after you.
 - d. "Stomp your feet, 1, 2, 3." Let them repeat the stomps after you.
 - e. "Cluck like a chicken, 1, 2, 3." Let them repeat the clucks after you.
 - f. Whistle, 1, 2, 3." Let them repeat the whistles after you.
3. "Now, can you make your own mix?"
4. You start: Stomp, stomp click; stomp, stomp click.
5. Learners must copy your rhythm 8 times then stop.
6. Instruct the learner next to you: "Create a new rhythm." Learners must copy the new rhythm 8 times and stop. Each learner must have a turn to create a different new rhythm pattern.

Travelling dance circle

Main part
Time: ~ 5 min

How to play

1. Stand in a big circle.
2. Choose a learner to go to the middle of the circle and "Make a movement".
3. Learners must: "Copy the movement and travel/move to the right for 16 counts".
4. Let the middle person choose the next person to go into the middle.
5. Repeat the game, but this time: "Move/ travel to the left for 16 counts."
6. Repeat the game until about 10 learners have had a chance to enter the circle. Learners must travel each time, as they copy the movement.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5.
2. Instruct each group to design a dance with the following elements:
 - a) "Choose 2 movements from the 'travelling Dance Circle'."
 - b) "Choose 2 different rhythms of the 'Body Percussion Circle'."
3. "Combine these movements together to make a dance. Add a group ending position at the end of your dance."

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Shapes and levels

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of your choice.
- Drum at a walking pace, a jogging pace and at a very slow walking pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

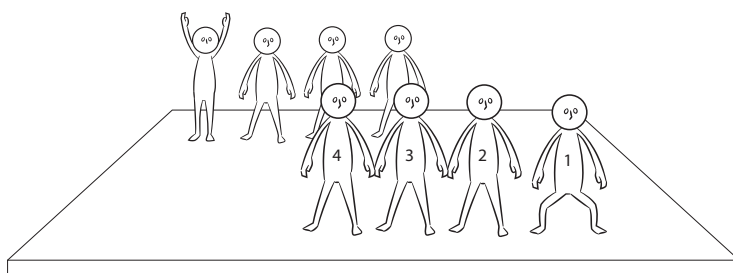
Follow the leader

Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat, often.

How to play

1. "Make groups of 4."
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, move at a different level."
7. After 1 minute, "Change leader."
8. "New leader, do different movements at different levels."
9. After 1 minute, "Change leader again."
10. "New leader, do your own movements at different levels."



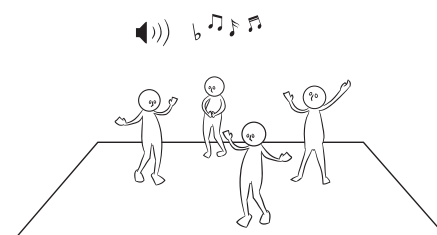
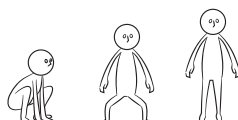
Pose game

Main part
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

1. Drum or play any song. Stop and start the beat, often.
2. "Dance around the room, when the beat stops, you will have to make a position using different levels. i.e. someone crouches, the other one squats and the third one tiptoes. You will have to hold every pose for at least 8 counts. Listen carefully to each instruction."
3. Play and stop the beat, reading a different instruction each time the music stops:
 - "Groups of 3. Freeze at different levels."
 - "Groups of 4. Freeze at different levels."
 - "Groups of 5. Everyone doing the same position."
 - "Groups of 6. Everyone must do his/her own individual position."

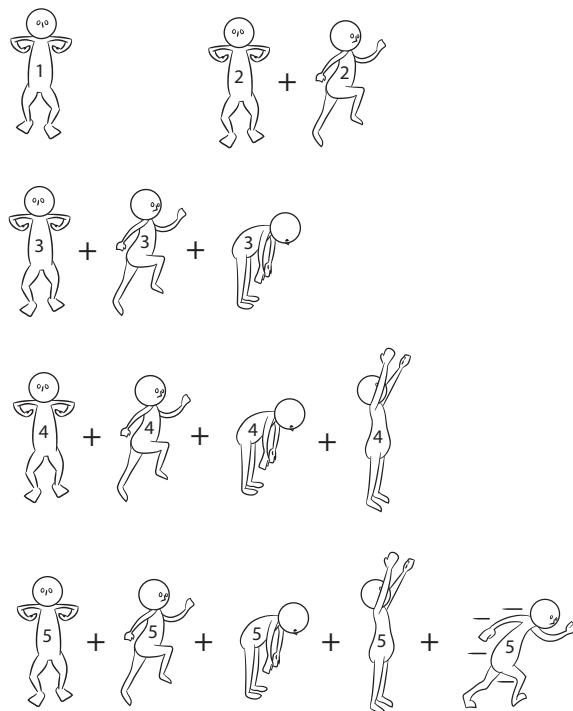


Copy and add

Main part
Time: ~ 10 min

How to play

1. Divide learners into groups of 5.
2. "Make a circle in your group."
3. "Number yourselves from numbers 1 to 5."
4. "Today, you must choose one body part (for example a foot, a leg, a hand, a finger, a toe) and make a movement with that body part."
5. "Person 1, choose your body part and show your movement."
6. "Group, copy the movement."
7. "Person 2, repeat movement 1 before you add your own movement."
8. "Group, copy both movements, movement 1 and 2."
9. "Person 3, start from the beginning. Do movements 1 and 2 before you add your own movement."
10. Each person must get a turn to add his/her movement to the sequence, i.e:
Person 1 = wave the arm.
Person 2 = wave the arm, wiggle a leg.
Person 3 = wave the arm, wiggle a leg, circle the hips.
11. "Person 4, start from the beginning. Do movements 1, 2 and 3 before you add your own movement." Person 5 must do the same.



Favourite moves

Main part
Time: ~ 10 min

How to play

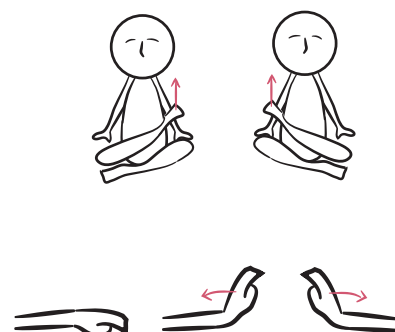
1. "Choose 2 favourite moves from the previous exercise."
2. Place learners in groups of 3.
3. "Teach your two movements to your group."
4. "Each group should have a total of 6 movements."
5. "Combine these movements together to make a dance."
6. Provide learners with some time to practise their dance.
7. "It is show time. Sit where you are."
8. Instruct each group to show the class its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Sit on the floor with stretched out legs. Close your eyes."
2. "Imagine your feet and hands have strings attached to them."
 - "Slowly, pull your right toes towards your head. Flex your feet hold it there for 8 counts and relax again."
 - "Slowly, pull your left toes towards you head. Flex your feet. Feel the tension that builds up. Hold it for 8 counts and relax again."
 - "Try pulling the string on the back of your right hand towards your elbow. Hold it there for 8 counts and loosen it up again."
 - "Try pulling the string on the back of your left hand towards your elbow. Flex your hand. Hold it there for 8 counts and loosen it up again."
3. You can play a soft, relaxing song in the background or hum a slow melody.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat deep breaths 3 times.





Movements and force

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum at a running pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

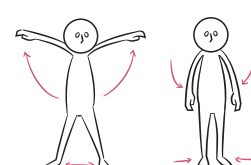
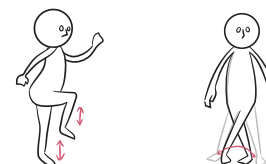
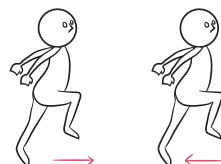
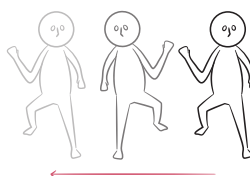
Boxing match

Introduction
Time: ~ 5 min

Accompaniment: Use drums or play the Boxing song from the CD.

How to play

1. "Find a partner."
2. "Practise with your partner. Do not stop moving and jumping."
 - "Gallop to the side." (4x)
 - "Gallop to the other side." (4x)
 - "Skip to the front." (x4)
 - "Skip to the back." (x4)
 - "Gallop on the spot slowly." (8x) "Gallop faster." (8x)
 - "Let us criss-cross slowly" (x8)
 - "Criss-cross fast." (x8)
 - "Gallop to the side." (4x)
 - "Gallop to the other side." (4x)
 - "Jump with your one foot in front of the other foot. Change feet every time you jump." (8x)
 - "Now, do it faster." (8x)
 - "First jump with your right foot in front of the left foot. Now, jump with your right foot behind your left foot. Back and forth." (8x)
 - "Star jump!" (x8)
 - "Star jump forward." (x8)
 - "Star jump backwards."
 - "Jump on the spot." (x8)
 - "Jump to the right side."
 - "Jump to the left." (8x)
3. Use drums or play the Boxing song from the CD.
"Face your partner as you follow instructions. You are not allowed to touch each other. Do the movements in your own space."



Boxing match

Continued

Drums

I-i-i-i-t's boxing time!
Boxing time is lots of fun
Come and try it, everyone!

Jump up and down...

Run on the spot...

Slow punch left...

Slow punch right...

Punch really fast!
Let's speed it up!
Punch really fast!
Let's speed it up!

Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)
Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)

Now skip – jump, jump...

Duck! Duck way down...

Punch in the air
Fists to the front
Punch in the air
Fists to the front

Criss cross over 1-2-3-4
Criss and cross
Criss cross over 1-2-3-4
Criss and cross

Low kick left leg 1-2-3-4
Low kick left leg 1-2-3-4
Low kick right leg 1-2-3-4
Low kick right leg 1-2-3-4

High kick left leg 1-2-3-4
High kick left leg 1-2-3-4
High kick right leg 1-2-3-4
High kick right leg 1-2-3-4

Boxing time is almost done
Working up a sweat is fun
Boxing is for everyone
Let's give one last punch for fun!
1-2-3 and PUNCH!

Song from CD

Follow the instructions in the song.

Copy and add

Main part
Time: ~ 25 min

How to play

1. Place learners into groups of 5.
2. "Make a circle in your group."
3. "Number yourselves from numbers 1 to 5."
4. "Imagine you are in a boxing match. Think of a movement you can do in the boxing match. Every person must choose his/her own movement that they can do in the boxing match."
5. "Person 1, choose your fighting movement."
6. "Group, copy the movement."
7. "Person 2, repeat movement 1 before you add your own movement."
8. "Group, copy both movements, movement 1 and 2."
9. "Person 3, start from the beginning. Do movements 1 and 2 before you add your own movement."
10. Each person must get a turn to add his/her movement to the sequence, i.e:
Person 1 = boxing.
Person 2 = boxing and kicking.
Person 3 = boxing, kicking, and jump.
11. "Person 4, start from the beginning. Do movements 1,2 and 3 before you add your own movement." Person 5 must do the same.
12. Once the learners have finished the activity, instruct them: "create a short dance with your 5 movements."
13. "Add an ending position with 3 different levels."
14. Provide them with approximately 5 minutes to practise their dance.
15. "It is show time. Sit where you are, in your group."
16. Each group must get a chance to perform its dance to the class.
17. Reflection: "At the count of 3, show me your favourite movement you saw today." "1.....2.....3."

Outro

Cool down
Time: ~ 5 min

How to stretch

As a teacher read the following instructions in a calm voice.

1. "Stand where you are. Close your eyes."
 - "Move your body gently from side to side.
 - Imagine you relax little by little, one part of your body at a time.
 - First your face relaxes,
 - Then your shoulders,
 - Then your arms, then your hands."
 - "Now, slowly your hips relax,
 - Your legs start to relax,
 - Your knees relax and your feet relax."
 - "You are so relaxed that you gently collapse to the floor."
2. You can play a soft, relaxing song in the background or hum a slow melody.
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat the deep breaths 3 times.



Movements of animals

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Name game

Introduction
Time: ~ 5 min

How to play

Clap your hands and say your name in time to the beat. "How many beats does your name have? Some names have one beat, others have two, or three beats."

1. "Make a circle."
2. Choose an easy rhythm to repeat (i.e. slap your thighs twice, and clap).
3. Instruct learners to clap their hands in a regular pattern. "Keep the rhythm!"
4. Each learner must say his/her name in time to the beat. The whole class repeats each name while clapping to the beat.

Musical statues and animals

Main part
Time: ~ 10 min

How to play

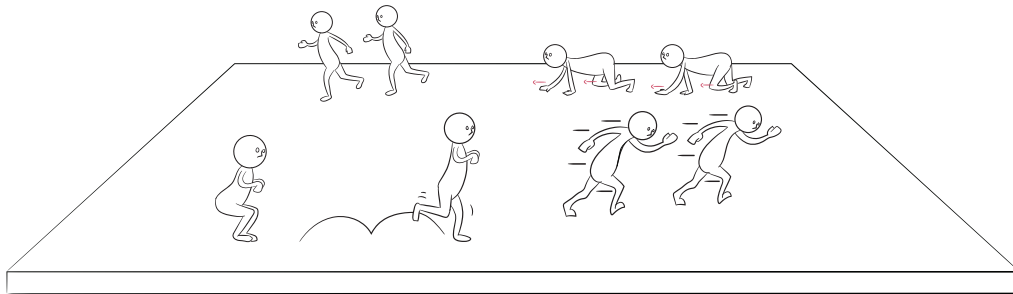
1. Play music. Instruct learners: "Move freely to the music." (Encourage learners to use the entire area they have to move).
Stop the music after 30 seconds; learners must freeze. "Freeze like a statue – do not move!"
2. Play music: Instruct the learners: "Hop around like a rabbit".
Stop music: "Freeze!" (Repeat rabbits 5 times).
3. Play music: "Gallop like a horse."
Stop music: "Freeze!" (Repeat horses 5 times).
4. Play music: "Fly like a butterfly."
Stop music: "Freeze!" (Repeat butterflies 5 times).
5. Play music: "Swim like a fish."
Stop music: "Freeze!" (Repeat fish 5 times).
6. Play music: "Roll your treasure like dung beetle."
Stop music: "Freeze!" (Repeat dung beetles 5 times).
7. Play music: "Walk like an elephant."
Stop music: "Freeze!" (Repeat elephants 5 times).
8. Play music: "Crawl like a spider."
Stop music: "Freeze!" (Repeat spiders 5 times).
9. Play music: "Jump like a dolphin."
Stop music: "Freeze!" (Repeat dolphins 5 times).

Follow the animal

Main part
Time: ~ 5 min

How to play

1. Make groups of two.
2. Choose a leader and a follower. The follower must copy the movements of the leader in front. "Try not to crash with another group".
3. Give the following instructions every 30 seconds:
 - a. "Act like a dog." "Move like a snake across the whole movement area."
 - b. "Gallop like a horse."
 - c. "Change leader."
 - d. "Move like a lion."
 - e. "Move freely across the whole movement area."
 - f. "Choose your favourite animal and move."
 - g. "Change leader."
4. Repeat from the top.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. "Choose an animal. Can you make one big animal with all the bodies in your group? Start your dance with the big animal. Then, choose 4 different movements for your animal. Combine everything together as a dance. End your dance with the sound of the animal."
3. Give the learners 10 minutes to work on their own dance sequence.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Isolations and movement repertoire

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Stop 'n sit

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

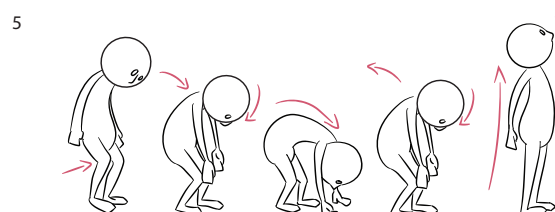
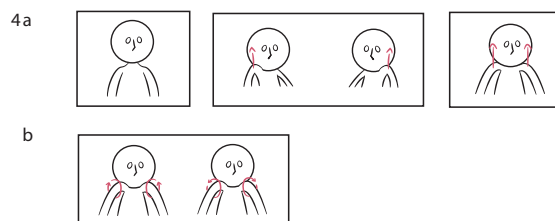
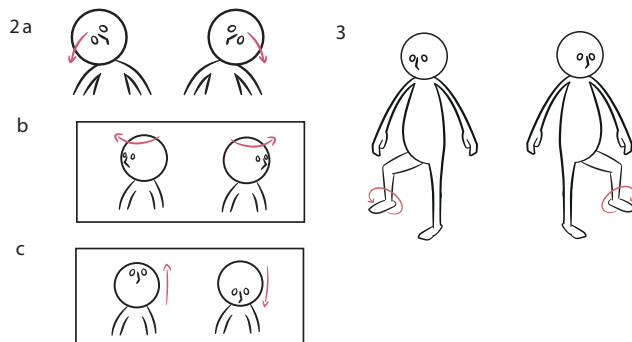
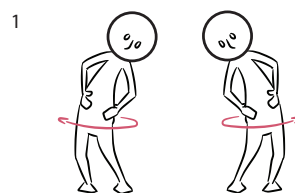
1. Play music/drums: "Move freely to the music." (Move across entire movement area).
2. Stop the music: "Sit down on the floor as fast as you can."
3. The slowest learners need to do 5 star jumps.
4. Repeat the above 10 times.

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

1. **Hula hoops:** Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. **Neck movements:**
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. **Ankle twists:** Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. **Shoulders:**
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.
5. **Roll down:**
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.

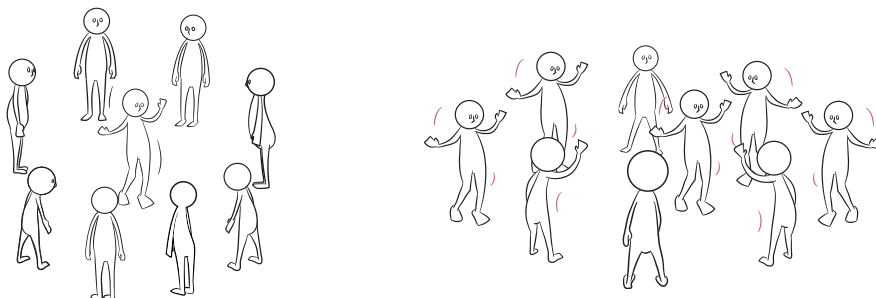


Dance circle

Main part
Time: ~ 5 min

How to play

Stand in a big circle. Choose a learner to go to the middle of the circle. The chosen learner must present a movement to the rest of the learners. Learners must copy the movement. After 16 counts, the middle person must choose another person to go into the middle. Repeat the game until about 10 learners have had a chance to enter the circle.



Creative group activity

Main part
Time: ~ 15 min

How to conduct

1. Divide your class into groups of 5.
2. Instruct each group to design a dance. "Today, each learner must get a chance to suggest one movement." For example, learner A will show a dance movement to the group. The group copies it until they feel comfortable. Learner B will then show the next movement, etc.
3. In total, the dance will have 5 movements. One from each learner.
4. Give the learners 10 minutes to work on their own dance sequence.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Shapes

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Freeze song from the CD.
- Drum any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

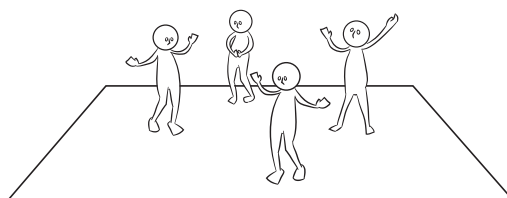
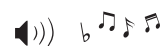
Atom game

Introduction
Time: ~ 5 min

Accompaniment: Play the drum in any rhythm and at any pace.

How to play

1. Let someone play the drum in any rhythm and at any pace. Say to the drummer: "Stop and start whenever you like".
2. Play drum: "Dance around the room."
3. Stop drum: "Freeze in a position where only one hand and two feet touch the ground."
4. Play drum: "Dance around the room."
5. Stop drum: "Freeze on two hands and one foot touching the ground."
6. Play drum: "Dance around the room."
7. Stop drum: "Freeze on only your bottom."
8. Play drum: "Dance around the room."
9. Stop drum: "Freeze with your elbows and feet on the floor."



Freeze song

Main part
Time: ~ 10 min

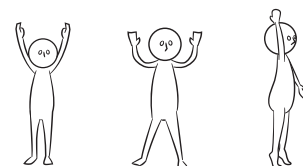
How to move

1. "We are going to practise different levels of 'Freeze'."

High Freeze:

- "Both hands up in the air. Stay there for 4 counts. Relax."
- "Stand with your feet open and pretend that you are holding a hat on your head with both arms. Stay there for 4 counts. Relax."
- "On your toes, one arm reaches up to the stars. Stay there for 4 counts. Relax."

High



Medium Freeze:

- "Feet open wide, bend your knees and hold it for 4 counts. Relax."
- "Cross your arms in front of your chest. Lean over to the side. 4 counts in that position without moving. Relax."
- "Feet open, bend your knees, putting your elbows on your knees and do not move for 4 counts."

Middle



Low Freeze:

- "Touch the ground with only one hand. Keep your balance without changing the position."
- "Kneel down on one knee and touch the ground with your hands. Stay like this for 4 counts."

Low



Freeze song

Continued

Follow the instructions of the Freeze song. You can either play the Freeze song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Creative movement activity

Main part
Time: ~ 10 min

How to conduct

1. "Stand in groups of 4."
2. "In your group, find 2 high freezes, 2 medium freezes and 2 low freezes."
3. Give the learners 3 minutes to choose their own freezes.
4. After 3 minutes: "Decide on a dance movement that you can use in between your freezes. For example do a turn, a jump, shoot your fingers out, kick your foot or wiggle."
5. "Practise your freeze dance."
6. Provide learners with 5 minutes to practise.
7. "It is show time. Sit where you are, in your group."
8. Instruct each group to show its dance to the rest of the class."

Freestyle circle

Cool down
Time: ~ 5 min

How to play

Choose a drummer. Let the drummer drum at any pace and rhythm. Say to the drummer "Stop and start as often as you like."

1. "Stand in two circles."
2. "Dance in the middle of the circle one by one. Each one dancing for approximately 30 seconds, then letting the next one into the circle. When the music stops, everyone freeze at different levels."
3. Allow learners to dance and freeze for approximately 3 minutes.

Outro

Cool down
Time: ~ 5 min

How to stretch

As the teacher, read the following instructions in a calm voice.

1. "Sit on the floor and close your eyes."
2. "Imagine:
 - You are standing in front a floating boat that floats to the clouds.
 - You get on the boat. The boat leaves moving towards the clouds.
 - You can feel the light breeze touching your face.
 - You see where you are going. Up. The clouds get closer and closer.
 - You feel light and safe.
 - When you get to the clouds you jump on a cloud.
 - The cloud you jumped on gets heavy and slowly sinks back to the earth."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts. Open your eyes again."



Movement rhythms

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any pace and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Follow the leader

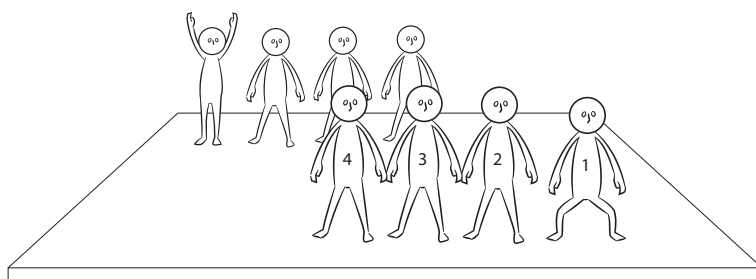
Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat.

How to play

Accompaniment: drum and change the speed of the beat, often.

1. Place learners in groups of 4.
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, do interesting movements at different levels."
7. After 1 minute, "Change leader."
8. "New leader, do interesting movements at different levels."
9. After 1 minute, "Change leader."
10. "New leader, do your own movements at different movements at different levels."

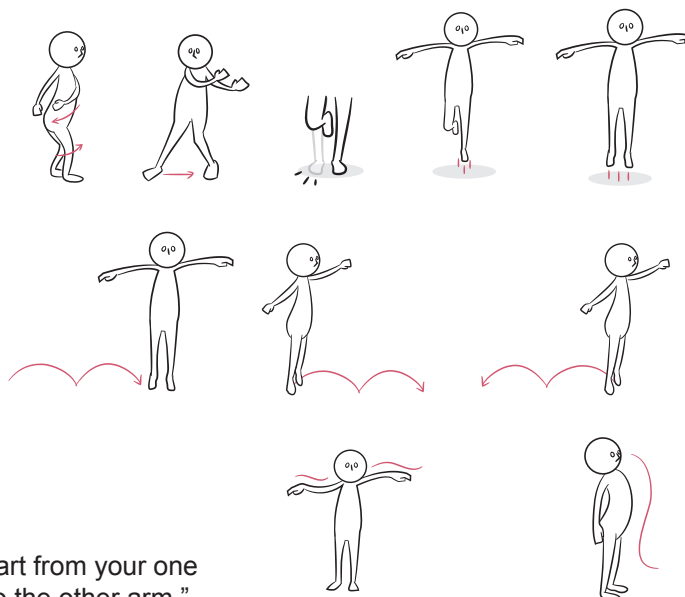


Twist song

Main part
Time: ~ 10 min

How to perform

1. "Stay where you are."
2. "See if you can do the following movements:"
 - "Can you do the twist? Turn both your feet and knees to the same side."
 - "How about slide and clap? Take a big step to the side, then pretend that your other foot is numb and pull it in towards the healthy foot."
 - "Show me how you stamp your feet, 123, 123, 123, 123."
 - "Hop on one leg."
 - "Hop on both."
 - "Hop sideways."
 - "Hop forwards."
 - "Hop backwards."
 - "Can you show me a wave with your arms? Start from your one arm and let the wave flow through your body to the other arm."
 - "Can you show me a wave with your body? Start from your head and let the wave flow through your body to your feet."



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Words have rhythm

Main part
Time: ~ 15 min

How to play

1. Place learners in groups of 3.
2. "What happens when we say the same word in a different rhythm? i.e. staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
3. "Find a movement that goes with the rhythm."
4. "Staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
5. "In your group, choose one word: twist, slide, clap, stamp, hop or wave."
6. "Find three different rhythms and ways of saying that word."
7. "Find three different ways of showing us that word."
8. After 2 minutes, "Can you add these three movements together to make a dance?"
9. After 1 minute: "Can you say the words in different rhythms as you dance?"
10. "It is show time. Sit down where you are."
11. Instruct each group to show you its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you standing in front of a white wall.
 - You are given the task of painting of your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat this three times.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."



Body and facial expression

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Stop 'n formation

Introduction
Time: ~ 5 min

How to play

1. Play music: "Run and dance around to the music." (Move across entire area).
2. Stop the music after 30 seconds: "Find a partner as fast as you can and sit down!"
3. Repeat the above 5 times.
4. Now play and stop the music, but give a different instruction each time you stop:
 - a) "Make groups of 4 as fast as you can. Connect with your fingers."
 - b) "Make a line of 3 as fast as you can. Connect with your shoulders."
 - c) "Make a circle with the whole class. Connect with your feet."
 - d) "Find a partner as fast as you can. Stand back to back." (Repeat 5 times).

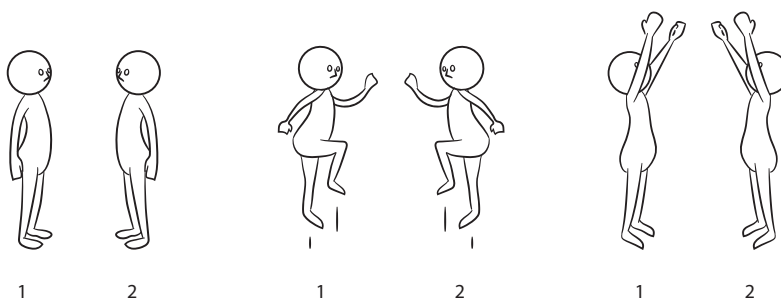
Mirror mirror

Main part
Time: ~ 10 min

How to play

Orientation: Have you ever looked in a mirror? What happens to the person in the mirror when you move?

1. "Stand facing your partner with a small space between you."
2. One learner is the "person" and the other, the "mirror".
3. Play/sing music or start drumming.
4. Instruct: "Person, make your own movements. "Mirror, you must be the mirror. Copy the movements of the person."
5. After 1 minute: "Change over! Mirrors, you become the person. Make your own movements. New mirrors, be the mirror."
6. After 1 minute: "Change over again. Person, can you jump?"
 - a. "Run on the spot."
 - b. "Wave your arms."
 - c. "Change over again! Change leader."
 - d. "Wiggle one body part."
 - e. "Twist."

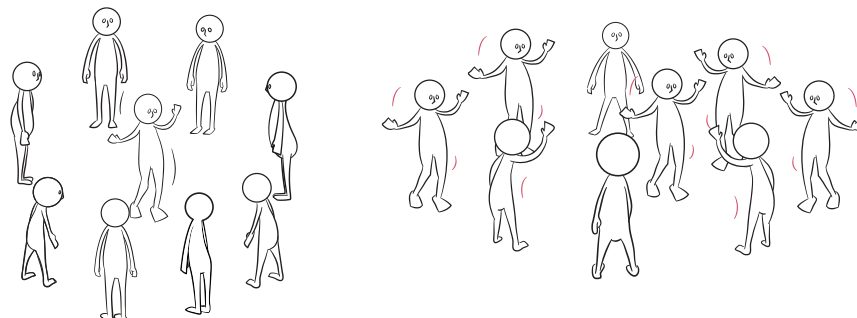


Dance circle

Main part
Time: ~ 5 min

How to play

Stand in a big circle. Choose a learner to go to the middle of the circle. The chosen learner must present a movement to the rest of the learners. Learners must copy the movement. After 16 counts, the middle learner must choose another learner to go into the middle. Repeat the game until about 10 learners have had a chance to enter the circle.



Creative group activity: Move to mood

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5.
2. Instruct your learners: "In your group, create a dance where you show two different moods: sad and happy. Choose 2 sad movements, and 3 happy movements. Combine them together in a dance."
3. "You can use movements from 'mirror mirror' and the dance circle if you like. Use your whole body and facial expressions."
4. Give learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement rhythms

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any pace and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Follow the leader

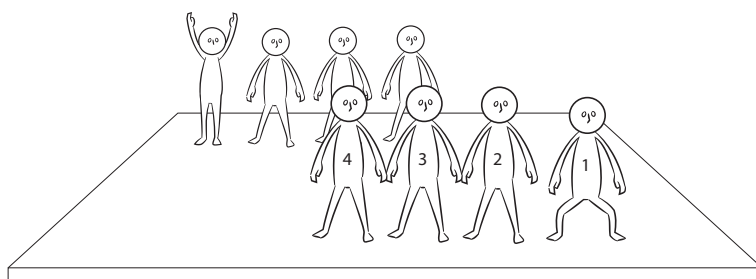
Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat.

How to play

Accompaniment: drum and change the speed of the beat, often.

1. Place learners in groups of 4.
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, do interesting movements at different levels."
7. After 1 minute, "Change leader."
8. "New leader, do interesting movements at different levels."
9. After 1 minute, "Change leader."
10. "New leader, do your own movements at different movements at different levels."

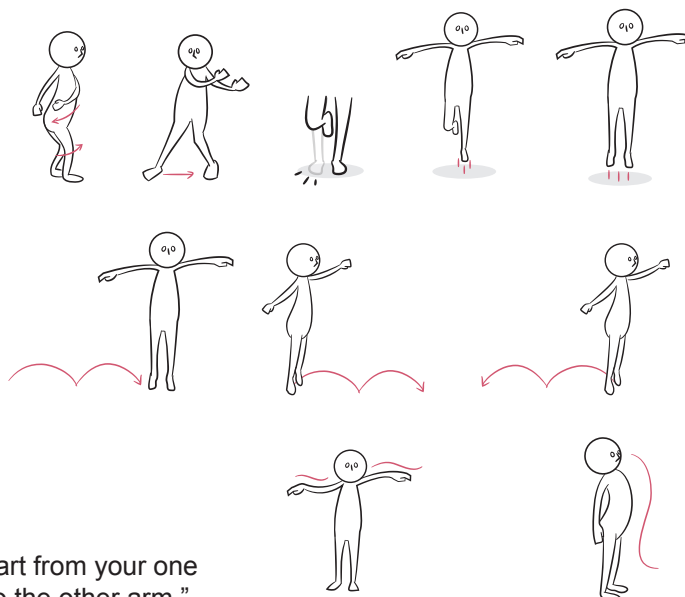


Twist song

Main part
Time: ~ 10 min

How to perform

1. "Stay where you are."
2. "See if you can do the following movements:"
 - "Can you do the twist? Turn both your feet and knees to the same side."
 - "How about slide and clap? Take a big step to the side, then pretend that your other foot is numb and pull it in towards the healthy foot."
 - "Show me how you stamp your feet, 123, 123, 123, 123."
 - "Hop on one leg."
 - "Hop on both."
 - "Hop sideways."
 - "Hop forwards."
 - "Hop backwards."
 - "Can you show me a wave with your arms? Start from your one arm and let the wave flow through your body to the other arm."
 - "Can you show me a wave with your body? Start from your head and let the wave flow through your body to your feet."



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

Chorus:

Let us sing the freezing song
1-2-3-4 Play along
Let's us see if you can freeze
Stop and stay, no moving please!

Verse 1:

Move your feet and swing your arms
Dance around and have some fun
Move your feet and swing your arms
FREEZE!

Chorus

Verse 2:

Let us throw a basketball
Lift your arms, don't let it fall
Let us throw a basketball
FREEZE!

Chorus

Verse 3:

Let's duck down beneath the tree
Just as low as we can be
Let's duck down beneath the tree
FREEZE!

Chorus

Verse 4:

Tie the laces on your shoes
Bend down, tie them, one and two
Tie the laces on your shoes
FREEZE!

Chorus

(Repeat)

Words have rhythm

Main part
Time: ~ 15 min

How to play

1. Place learners in groups of 3.
2. "What happens when we say the same word in a different rhythm? i.e. staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
3. "Find a movement that goes with the rhythm."
4. "Staaaaaaaaamp or stampstamp or stampstampstamp, stampstampstamp or sta-mp, sta-mp."
5. "In your group, choose one word: twist, slide, clap, stamp, hop or wave."
6. "Find three different rhythms and ways of saying that word."
7. "Find three different ways of showing us that word."
8. After 2 minutes, "Can you add these three movements together to make a dance?"
9. After 1 minute: "Can you say the words in different rhythms as you dance?"
10. "It is show time. Sit down where you are."
11. Instruct each group to show you its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you standing in front of a white wall.
 - You are given the task of painting of your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat this three times.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."



Quality of movement

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Tiptoe song from the CD.
- Drum at any speed and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

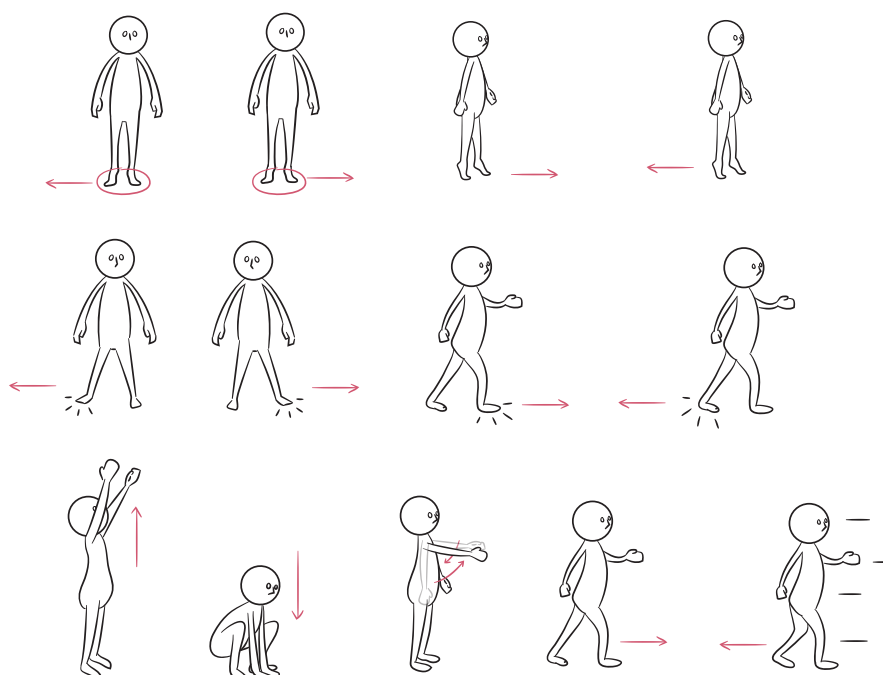
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Quality of movement

Introduction
Time: ~ 5 min

How to play

1. "Stay in the circle."
2. "Move around in the circle as you:"
 - "Tiptoe to the right." (x8)
 - "Tiptoe to the left." (x8)
 - "Tiptoe slowly into the circle." (x8)
 - "Tiptoe slowly out of the circle." (x8)
 - "Stamp stamp, stamp to the right of your circle."
 - "Stamp stamp, stamp to the left of your circle."
 - "Stamp into the circle."
 - "Stamp out of the circle."
 - "Stretch slowly."
 - "Shrink slowly."
 - "Shoot out your arms! Right, left, right."
 - "Tiptoe backwards in your circle."
 - "Strong stamps sideways as you move to the left in your circle."
 - "Step slowly and gently forward into the circle."
 - "Run fast backwards out of the circle."



Quality of movement

Continued

Follow the instructions of the Tiptoe song. You can either play the Tiptoe song from the CD or use drums and sing the lyrics below:

Chorus:

Let us play a gentle song
Everybody play along
Let us take a de-e-e-e-e-p breath now
Slow and easy, let us stre-e-e-e-tch

Verse 1:

Stretch out slowly 1-2-3
Like the branches of a tree
Stretch as far as you can go
Far and wide, high and low

Chorus

Verse 2:

Be a river, wide and deep
Slowly, slowly flowing free
Through the lands and through the trees
Gently flowing to the sea

Chorus

Verse 3:

Wake up, wake up, do some yawning
Stretch your body, it is morning!
Breathe in deeply, then breathe out
Time to move and time to shout!

Chorus

Verse 4:

Shrink into a little ball
Just as tight as you can go
Slowly, slowly, getting small
Like a little animal

Chorus

Verse 5:

Now let's open up again
Reach up, become tall again
Higher, higher, to the sky
Open up and let us fly!

Chorus

Verse 6:

Now move like a giant cloud
Floating upwards on the wind
Big steps, wide steps, all around
Quietly, without a sound

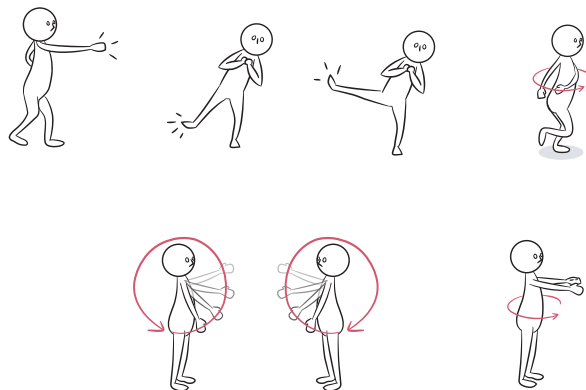
Chorus

Strong and fast movements

Main part
Time: ~ 10 min

How to play

1. "Stand in 4 lines and face the teacher."
2. "Let us do some strong fast movements."
 - "Punch, punch, punch, punch."
 - "Kick your feet to the front, one at a time."
 - "Kick your feet low."
 - "Kick your feet up high."
 - "Kick your feet across your body low."
 - "Kick your feet across your body high."
 - "Kick your feet to the side low."
 - "Kick your feet to the side up high."
 - "Turn fast (spin around on one foot)."
 - Repeat from the top of this list.
3. "Movements can also be slow and gentle."
 - "Tiptoe forwards."
 - "Make a big gentle circle with your one arm."
 - "Make a big gentle circle with your other arm."
 - "Turn gently with your arms stretched out in line with your shoulders."



Creative movement activity

Main part
Time: ~ 10 min

How to play

1. Place learners in groups of 4.
2. "Movements can be gentle and slow, or they can be fast and strong. In your group, make up two of your own gentle movements, and two of your own fast movements. Try not to use the movements we used in class today. Make your own."
3. After 3 minutes: "Combine these movements together to make a little dance."
4. After 2 minutes: "Add an ending position to your dance."
5. Allow 2 minutes to prepare their dance.
"It is show time. Sit where you are."
6. Instruct each group to show the class their dance.

Freestyle circle

Main part
Time: ~ 5 min

How to play

Choose a drummer. Let the drummer drum at any pace and rhythm.

1. "Stand in two circles."
2. "Dance in your circle while taking turns going to the next person on your left. One by one go into the circle and show 3 of your favourite moves that we did today."
3. Allow learners to dance for approximately 3 minutes.

Outro

Cool down
Time: ~ 5 min

How to stretch

As a teacher read these following instructions in a calm voice.

- "Lie on the ground and close your eyes."
- "Breathe in 8 counts, hold your breath for 4 counts and breathe out 8 counts."
- "Concentrate and feel your heart beat."
- "Feel your heart beat steady and quiet."
- "Listen to the heart beat for a while. Can you hear a rhythm?"
- "Hear your blood flush through your veins."
- "Listen carefully. You can hear it sounding like a radio without a signal."
- "Now again, breathe in 8 counts, hold your breath for 4 counts and breathe out 8 counts. Do this 3 times."
- "Slowly open your eyes and sit upright taking in your surroundings."

If you want, you can play soft, relaxing music in the background.



New movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Twist song from the CD.
- Drum at any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

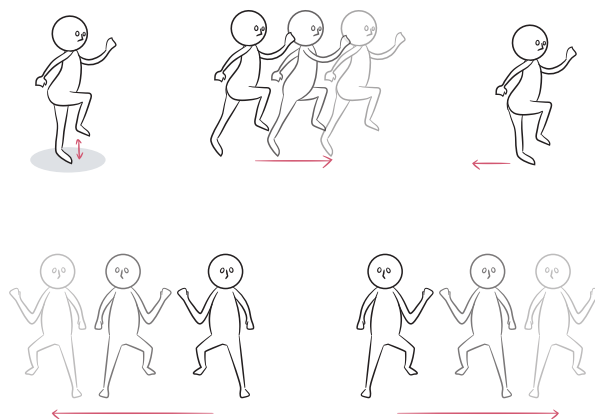
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Gallops

Introduction
Time: ~ 5 min

How to move

1. "Have you seen a horse gallop? They use their feet separately. One foot and then the other one. Right left, right left, right left as they hop gently in the air."
 - "Gallop like a horse on the spot."
 - "Gallop like a horse around the room."
 - "Can you gallop sideways, to the left?"
 - "Can you gallop sideways, to the right?"
 - "Can you gallop backwards."
 - "Gallop on the spot."
 - "Gallop four times and jump over a bush. Repeat your gallops and jumps all around the room."

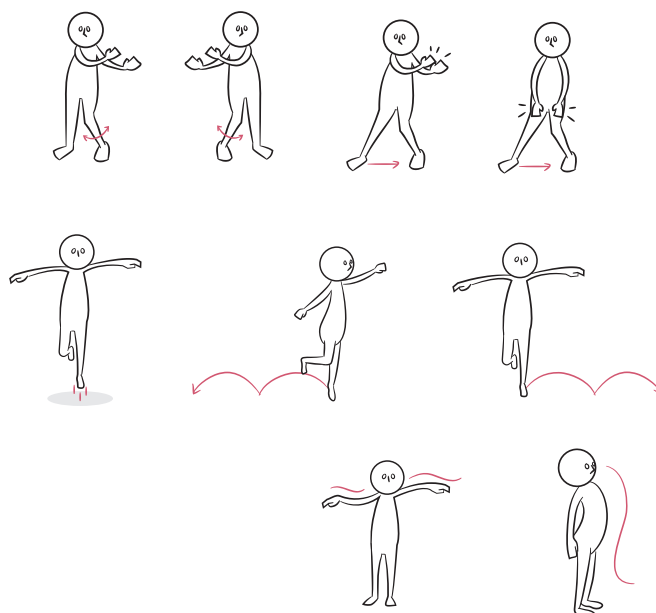


Twist song

Main part
Time: ~ 10 min

How to move

1. "Stay where you are."
2. "Let us practise some more new movements."
 - "Can you the twist with only one foot?" (x8)
 - "Twist only the other foot." (x8)
 - "Slide and clap." (x8)
 - "Slide and slap your hands on your hips." (x8)
 - "Hop on one leg on the spot."
 - "Hop on one leg backwards"
 - "Hop on one leg sideways."
 - "Hop on the other leg."
 - "Make a wave with your arms, starting from one arm and go through your body to the other arm."
 - "Make a wave with your whole body."
 - "Make a wave by using only half of your body."
 - "Can the other half of your body do it too?"



Twist song

Continued

Follow the instructions of the Twist song. You can either play the Twist song from the CD or use drums and sing the lyrics below:

First and second cycles (Slow and medium tempo)

Twist your body side to side
Feet together, get down low
Twist your body side to side
Just how low...can you go?

Do the slide and clap as one
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Do the slide and clap as one
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Stamp your feet then clap your hands
Stamp, clap, stamp, clap
Stamp your feet then clap your hands
Stamp, clap, stamp, clap

Hop to the front (hop, hop)
Hop to the back (hop, hop)
Now to the left (hop, hop)
Then to the right (hop, hop)

Make a wave with your arms
Swish, swish
Make a wave with your arms
Swish, swish

Third cycle (Fast tempo)

Twist your body, get down low
Twist, twist
Twist your body, get down low
Twist, twist

Do the slide and clap your hands
Slide, clap, slide, clap
To the left and to the right
Slide, clap, slide, clap

Stamp your feet and clap your hands
Stamp your feet and clap your hands

Hop to the front
Hop to the back
Now to the left
Then to the right

Make a wave, swish
Make a wave, swish
Now put it all together
And it goes like this!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
Lets go!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
One more time!

Twist! Slide!
Clap! Stamp!
Hop! Wave!
Yeah!

Two favourite moves

Main part
Time: ~ 15 min

How to perform

1. "By yourself, choose your 2 favourite movements that you learnt today."
2. Provide learners some time to think.
3. "Find a partner."
4. "Teach your favourite 2 movements to your partner."
5. "Add your 4 movements together to make a dance."
6. After 3 minutes: "Add an ending position."
7. After 2 minutes: "It is show time!"
8. "Sit where you are."
9. Three pairs can show its dances at the same time. Make sure all the learners have an opportunity to show their dances to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
 - "Move your body gently."
 - "Imagine you relax little by little, one part of your body at a time."
 - "Firstly, your face relaxes,
 - Then your shoulders,
 - Then your arms,
 - Then your hands."
 - "Now, slowly relax your hips,
 - Your legs start to relax,
 - Your knees relax and your feet relax."
 - "You are so relaxed that you gently collapse to the floor. Now open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Rhythm and body percussion

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Move! But how?

Introduction
Time: ~ 5 min

How to play

1. Give one of the following movement instructions, every 30 seconds:
2. "Run around the movement area."
3. "Walk through the mud."
4. "Run on ice."
5. "Walk through a thick forest."
6. "Rush to the bus."
7. "Walk through water."
8. "Run over hot sand."
9. "Walk barefoot on stones."
10. "Walk with a thorn in your foot."

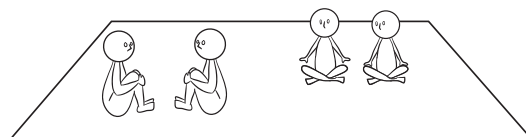
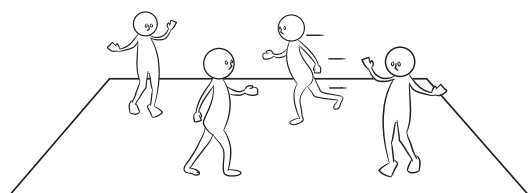
Stop 'n formation

Introduction
Time: ~ 5 min

Accompaniment: Play music.

How to play

1. Play music: "Run and dance around to the music. Use the entire area."
2. Stop the music: "Find a partner as fast as you can and sit down."
3. Repeat the above 5 times!
4. Now, play and stop the music, give a different instruction each time you stop (repeat 5 times):
 - a) "Make groups of 4 as fast as you can. Connect with your feet."
 - b) "Make a line of 3 as fast as you can. Connect with your fingers."
 - c) "Make a circle with the whole class. Connect with your shoulders."
 - d) "Find a partner as fast as you can. Stand side to side."



Rhythm circle

Main part
Time: ~ 5 min

How to play

1. Make a circle. Stomp a rhythm with your feet (r-l-r-l). Instruct learners to stomp the rhythm with you.
2. Clap your hands twice on every second foot (for example, clap two times when you stomp the left foot).
3. Once learners are comfortable with the rhythm, start the game:
4. "Everybody stomp his/her feet. One person claps his/her hands twice and passes the rhythm on to the next person in the circle.
5. Start slow. "Keep the beat steady." "Do not go faster!"
6. The learner who fails must run around the circle and join the game again. Allow the first round to be a practice round.

Body percussion circle

Main part
Time: ~ 5 min

How to play

1. Make a circle.
2. Instruct learners:
 - a. "Clap your hands 1, 2, 3." Let them repeat the claps after you.
 - b. "Snap your fingers 1, 2, 3." Let them repeat the snaps after you.
 - c. "Slap your thighs 1, 2, 3." Let them repeat the slaps after you.
 - d. Stomp your feet, 1, 2, 3." Let them repeat the stomps after you.
 - e. Cluck like a chicken, 1, 2, 3. Let them repeat the clucks after you.
 - f. Whistle, 1, 2, 3." Let them repeat the whistles after you.
3. "Now, can you make your own mix?"
4. You start: Stomp, stomp, click; stomp, stomp, click.
5. Learners must copy your rhythm 8 times then stop.
6. Instruct the learner next to you: "Create a new rhythm." Learners must copy the new rhythm 8 times and stop. Each learner must have a turn to create a different, new rhythm pattern.

Creative group activity: Body percussion sequence

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. Instruct learners: "Make different sounds and rhythms by using your body (i.e. clapping, clicking, stomping, slapping the chest, etc.)."
3. Instruct learners: "Choose 5 different body percussion movements. Combine these movements and make a dance."
4. Give learners 10 minutes to practise.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its body percussion sequence to the class.



Pace and movement repertoire

Moving to music: Intermediate phase

Accompaniment

- Play/sing 5 different songs of your choice.
- Play 5 different paces and rhythms of your choice.

Run to the music

Introduction
Time: ~ 5 min

Accompaniment: Play/sing at least five different songs, each with a different speed (tempo).

How to play

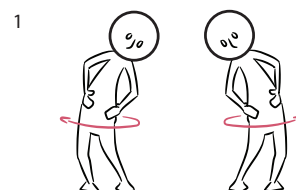
Instruct learners: "Dance around the movement space. Change your movements according to the speed, rhythm and style of the song. (For example, a slow song will have slow big movements).

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

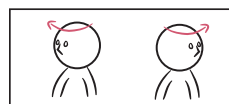
1. **Hula hoops:** Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. **Neck movements:**
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. **Ankle twists:** Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. **Shoulders:**
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.
5. **Roll down:**
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.



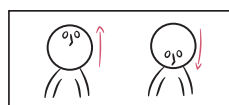
2a



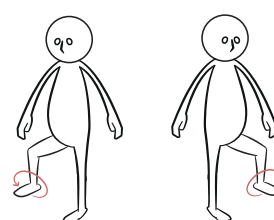
b



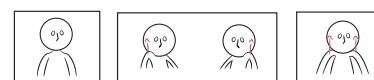
c



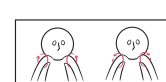
3



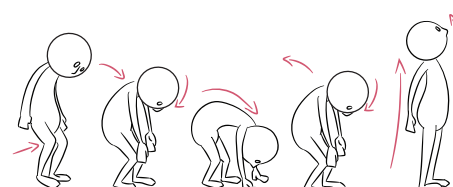
4a



b



5

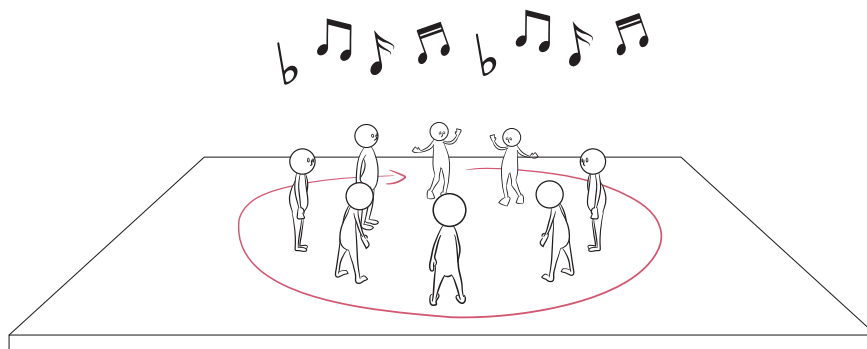


Favourite moves circle

Main part
Time: ~ 5 min

How to play

1. Build a circle. Play some music. Instruct each learner to present his/her favourite dance movement to the class. The class must copy each learner's movement until it can execute the movement comfortably.
2. Choose learner one. Once learner one has finished, the learner to the right continues to demonstrate his/her favourite movement. It must be a new movement. Already shown movements may not be repeated.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5. Instruct your learners to create a dance sequence with the following instructions:
2. "Choose 4 different movements."
3. "Two movements must be slow and two movements must be fast."
4. "Combine your movements together to a flowing sequence. Add an ending."
5. Give the learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



New movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum to a fast running pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Skipping

Introduction
Time: ~ 5 min

How to play

1. "Can you skip? Step on your one foot and hop. Step on your other foot and hop."
2. "Move forward and around the room as you skip (step, hop, step, hop)."
3. "Can you do it fast?"
4. "Can you fly through the air as you skip fast?"

Boxing match song

Introduction
Time: ~ 5 min

How to play

1. "Today we are going to practise some boxing movements."
 - "Jump!"
 - "Run on the spot."
 - "Hop on your right foot to the right side."
 - "Hop on your left foot to the left side."
 - "Hop changing feet, right, left, right, left."
 - "Gallop three times to the right."
 - "Gallop three times to the left."
 - "Skip!"
 - "Box in the air."
 - "Duck: take your body down to duck underneath a low branch so that you do not hit your head."
 - "Kick: high kicks, medium kicks and low kicks."
 - "Criss-cross: jump with your feet across and then open again."



Boxing match song

Continued

Follow the instructions of the Boxing match song. You can either play the Boxing match song from the CD or use drums and sing the lyrics below:

I-i-i-i-t's boxing time!
Boxing time is lots of fun
Come and try it, everyone!

Jump up and down...

Run on the spot...

Slow punch left...

Slow punch right...

Punch really fast!
Let's speed it up!
Punch really fast!
Let's speed it up!

Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)
Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)

Now skip – jump, jump...

Duck! Duck way down...

Punch in the air
Fists to the front
Punch in the air
Fists to the front

Criss cross over 1-2-3-4
Criss and cross
Criss cross over 1-2-3-4
Criss and cross

Low kick left leg 1-2-3-4
Low kick left leg 1-2-3-4
Low kick right leg 1-2-3-4
Low kick right leg 1-2-3-4

High kick left leg 1-2-3-4
High kick left leg 1-2-3-4
High kick right leg 1-2-3-4
High kick right leg 1-2-3-4

Boxing time is almost done
Working up a sweat is fun
Boxing is for everyone
Let's give one last punch for fun!
1-2-3 and PUNCH!

Creative movement activity

Main part
Time: ~ 20 min

How to move

1. Place learners in groups of 4.
2. "Use the movements we did today."
 - Skip
 - Box
 - Kick
 - Gallop
 - Duck
 - Criss cross
3. "In your group, use these movements and create a dance. For example, 2x kicks, 4x jumps, 1x skip, and 4x criss-cross."
4. "Practise your dance with your group."
5. Allow 7-10 minutes for learners to practise.
"It is show time. Sit where you are."
6. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

As the teacher, read the following instructions in a calm voice.

1. "Sit on the floor and close your eyes."
2. "Imagine:
 - You are standing in front a floating boat that floats to the clouds.
 - You get on the boat. The boat leaves moving towards the clouds.
 - You can feel the light breeze touching your face.
 - You see where you are going. Up. The clouds get closer and closer.
 - You feel light and safe.
 - When you get to the clouds you jump on a cloud.
 - The cloud you jumped on gets heavy and slowly sinks back to the earth. Open your eyes again."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Travelling movements and self-space movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Touch song from the CD.
- Drum at a steady fast walking beat.

Intro ritual

Introduction
Time: ~ 5 min

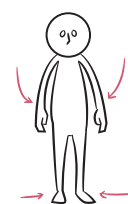
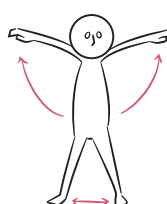
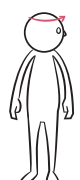
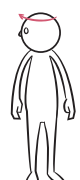
1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

Warm up song

Introduction
Time: ~ 5 min

How to play

1. "Stand in 2 lines facing each other. Every learner should have a partner."
2. "Let us do some new movements."
 - "Touch your own shoulders, one hand at a time. Use your right hand to touch your left shoulder, and your left hand to touch your right shoulder. Touch your shoulders four times across your body."
 - "Touch your own hips, one hand at a time, across your body."
 - "Touch your own knees, one hand at a time, across your body."
 - "Touch your own toes, one hand at a time, across your body. (If you cannot reach your toes, bend your knees a little)."
 - "Tap your right foot."
 - "Tap your left foot."
 - "Turn your head to the side."
 - "Turn your head to the other side."
 - "Jump!"
 - "Clap!"
 - "Star jump" (Jump with your feet open, jump with your feet closed. Open your arms as you jump open, drop your arms next to your body as you jump close).
 - "Run on the spot."
 - Repeat the whole sequence from the top.



Warm up

Introduction
Time: ~ 5 min

Follow the instructions of the Touch song. You can either play the Touch song from the CD or use drums and sing the lyrics below:

Touch your shoulder on the left
Touch your shoulder on the right
Now let's do it double time
Touch, touch, left
Touch, touch, right

Touch your hip on the left
Touch your hip on the right
Now let's do it double time
Left hip, right hip
Hip hurray!

Hands on your knees now
Hold it there
Criss cross over if you dare
Hands on your knees now
Hold it there
Criss cross over if you dare

Reach for your feet now
Touch your toes
Left foot, right foot, touch those toes
Reach for your feet now
Touch your toes
Left foot, right foot, touch those toes

Tap your left foot to the side
Tap your right foot to the side
Tap your left foot to the side
Tap your right foot to the side

Turn your head from side to side
To the left and to the right
Turn your head from side to side
To the left and to the right

Let's jump forward, come on jump
To the right now, come on jump
Let's jump backwards, come on jump
To the left now, one big jump!

Clap your hands now 1-2-3-4
Clap your hands now, clap some more
Slap your knees now, 1-2-3-4
Slap your knees now, slap some more

Shake your bottom 1-2-3-4
Shake – shake – shake and wiggle
Stamp your feet now 1-2-3-4
Stamp, stamp, stamp on the floor

Ready for a star jump?
Jump, jump, jump, jump
Open wider and let's jump
Jump, jump, jump, jump

Walk like a tortoise, really slow
See how slowly you can go
Walk like a tortoise, really slow
See how slowly you can go

Be a rabbit, speed it up
Faster, faster, up-up-up
Now be a rabbit, speed it up
Faster, faster, up-up-up

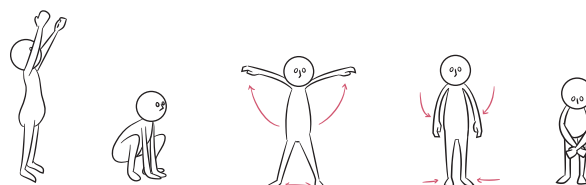
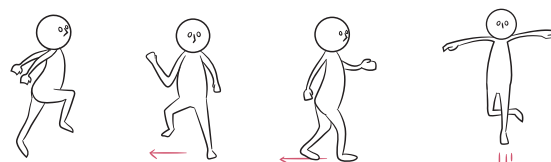
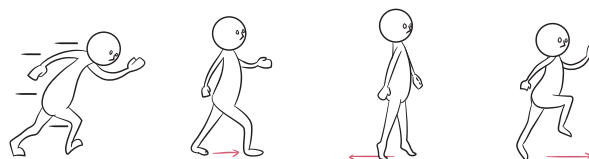
Now we've done this funny song
Touching, jumping, having fun
Clapping, laughing all day long
Party time for everyone
Touch, touch!

Travelling and self-space

Main part
Time: ~ 10 min

How to play

1. "In dance we have movements that travel. Movements that take us from one corner of the room to the other corner of the room."
2. "Stand in the corner and get ready to travel to the other corner of the room (or field)."
 - "Run!"
 - "Walk with big steps."
 - "Walk backwards on your tiptoes."
 - "Gallop forward."
 - "Skip!"
 - "Gallop sideways."
 - "Walk backwards."
 - "Hop on one foot."
3. "Stay where you are."
4. "In dance, we also have movements that do not travel. Movements that we do in our own little space. We call these movements self-space movements."
 - "Stretch tall."
 - "Crouch to the floor."
 - "Star jump!"
 - "Criss-cross your hands on your knees."
 - "Criss-cross your feet."
 - "Kick high!"
 - "Kick to the sides."
 - "Make a big circle with both your arms."



Creative movement activity

Main part
Time: ~ 15 min

How to play

1. Place learners into groups of 5.
2. "Design your own self-space movements and travelling movements."
3. "Do one self-space movement, one travelling movement, one self-space movement and one travelling movement."
4. After 4 minutes: "Add an ending position."
5. Give learners 10 minutes to practice their dance.
6. "It is show time. Sit where you are"
7. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. You can play a soft, relaxing song in the background or hum a slow melody.
2. "Close your eyes."
3. "Imagine you are standing in front of a white wall."
 - You get the task of painting your favourite place.
 - Think of your favourite place and what it looks like. It can even be a person.
 - How would you like to paint it?
 - What must be in your picture?
 - Imagine the colours you would want to use.
 - Start painting the background first.
 - Add one thing at a time until the whole place is visible on the big wall. Open your eyes again."
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat breathing 3 times.



Formations

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Move! But how?

Introduction
Time: ~ 5 min

Accompaniment: Play music.

How to play

Play music and instruct learners to run around the movement area. Give one of the following instructions, every 30 seconds:

1. "Act like you are chasing a rabbit."
2. "Run through the forest."
3. "Jump over the flowers on the flowerbed."
4. "Crawl under the branch of a tree."
5. "Hop hop like a rabbit."
6. "Run over hot sand."
7. "Walk on ice."

Stop 'n freeze

Main part
Time: ~ 10 min

Accompaniment: Play music.

How to play

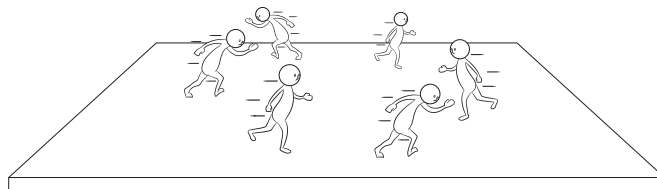
1. Play music: "Move freely to the music." (Move across entire area).
2. Stop the music: "Freeze! Do not move!"
3. Repeat the above 5 times.
4. Now, play and stop the music each time with a different instruction for the freeze:
 - a) "Stand on one leg."
 - b) "Place one leg and two hands on the floor."
 - c) "Lay on your back. Only your back must touch the floor."
 - d) "Only one arm and one leg on the floor."
 Repeat 5 times.

Group formations

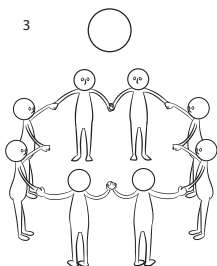
Main part
Time: ~ 5 min

How to play

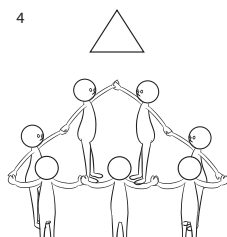
1. Make groups of 10.
2. Play music/drums: "Run around to the music."
3. Stop the music/drums: "Make a circle in your group."
4. Play music and stop: "Make a triangle in your group."
5. Play music and stop: "Stand in a line."
6. Play music and stop: "Make a square in your group."
7. Play music and stop: "Stand in a close group."
8. Play music and stop: "Make a cross in your group."
9. Repeat instructions 3 times.



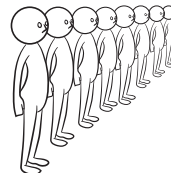
3



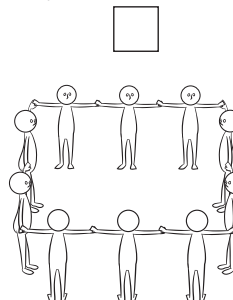
4



5



6

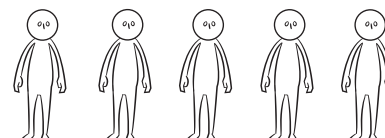
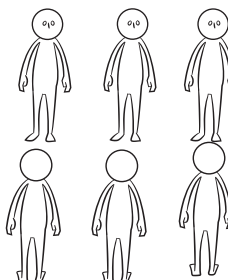
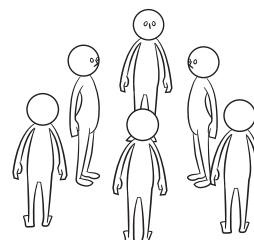
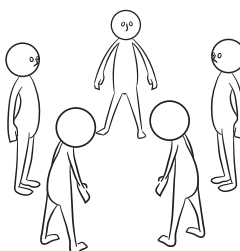


Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 6.
2. "Choose a sport. Choose 4 different movements to portray that particular sport."
3. "Choose 2 different formations (line, square, triangle, circle etc.)."
4. "In total the dance should contain 4 different movements to portray a sport and 2 different formations. Use these movements to make a dance. It must look like a dance."
5. "Ensure that each movement flows smoothly from one movement into the next. Add an ending position."
6. Give the learners 10 minutes to work on their own dance sequence.



Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement repertoire and body percussion

Moving to music: Intermediate phase

Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

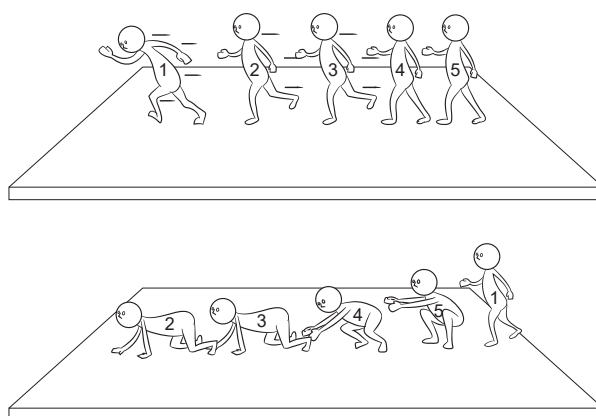
Follow the leader

Introduction
Time: ~ 5 min

How to play

Make groups of five. Choose a leader for each group. Instruct the leaders to walk in interesting ways (i.e. walking, skipping, crawling etc.). Learners must follow their leader.

1. First leader must: "Walk and do interesting movements". "Try not to crash with another group. Follow your leader!"
2. After 30 seconds: "Leaders, crawl! Follow your leader!"
3. After 30 seconds: "Turn around to face the back. Back person, you are now the new leader."
4. "Leader, dance around. Follow your leader."
5. "Leader, walk fast. Follow your leader."
6. "Turn around to face the back again. Skip! Follow your leader."
7. After 30 seconds: "Turn around to face the back again. Walk with baby steps."
8. After 30 seconds: "Walk with big steps. Lift your legs up high."

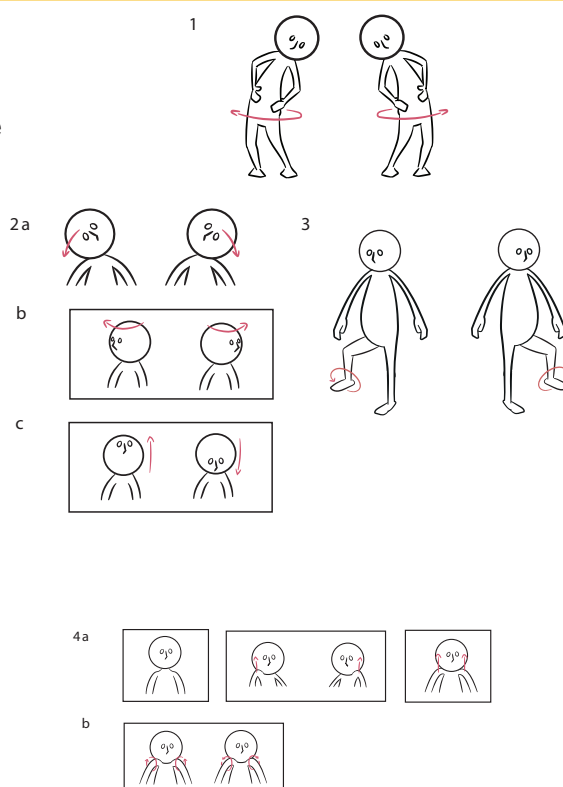


Mobilisation and isolations

Introduction
Time: ~ 5 min

How to move

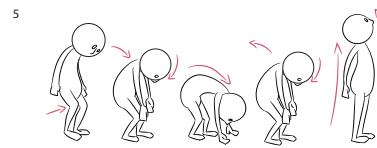
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Neck movements:
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
 - c. Move your head to look down to the floor, and then look up to the ceiling.
3. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. Shoulders:
 - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
 - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.



Mobilisation and isolations

Continued

1. Roll down:
 - a. Stand with your legs slightly apart. Relax and bend your knees.
 - b. Slowly drop your chin to your chest.
 - c. Hang your arms and your body forward.
 - d. Bend your knees slightly. Keep your head tucked in.
 - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.



Body percussion circle

Main part
Time: ~ 5 min

How to play

1. Make a circle.
2. Instruct learners:
 - a. "Clap your hands 1, 2, 3." Let them repeat the claps after you.
 - b. "Snap your fingers 1, 2, 3." Let them repeat the snaps after you.
 - c. "Slap your thighs 1, 2, 3." Let them repeat the slaps after you.
 - d. "Stomp your feet, 1, 2, 3." Let them repeat the stomps after you.
 - e. "Cluck like a chicken, 1, 2, 3." Let them repeat the clucks after you.
 - f. Whistle, 1, 2, 3." Let them repeat the whistles after you.
3. "Now, can you make your own mix?"
4. You start: Stomp, stomp click; stomp, stomp click.
5. Learners must copy your rhythm 8 times then stop.
6. Instruct the learner next to you: "Create a new rhythm." Learners must copy the new rhythm 8 times and stop. Each learner must have a turn to create a different new rhythm pattern.

Travelling dance circle

Main part
Time: ~ 5 min

How to play

1. Stand in a big circle.
2. Choose a learner to go to the middle of the circle and "Make a movement".
3. Learners must: "Copy the movement and travel/move to the right for 16 counts".
4. Let the middle person choose the next person to go into the middle.
5. Repeat the game, but this time: "Move/ travel to the left for 16 counts."
6. Repeat the game until about 10 learners have had a chance to enter the circle. Learners must travel each time, as they copy the movement.



Creative group activity

Main part
Time: ~ 10 min

How to play

1. Divide your class into groups of 5.
2. Instruct each group to design a dance with the following elements:
 - a) "Choose 2 movements from the 'travelling Dance Circle'."
 - b) "Choose 2 different rhythms of the 'Body Percussion Circle'."
3. "Combine these movements together to make a dance. Add a group ending position at the end of your dance."

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Shapes and levels

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of your choice.
- Drum at a walking pace, a jogging pace and at a very slow walking pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

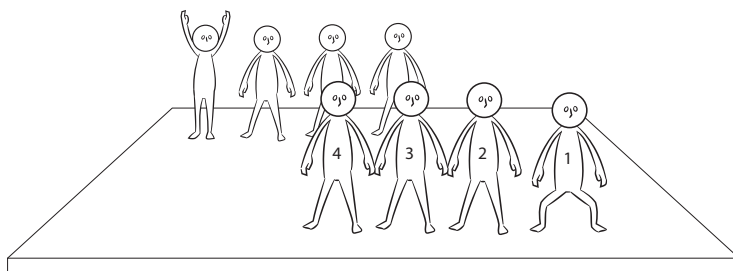
Follow the leader

Introduction
Time: ~ 5 min

Accompaniment: Drum and change the speed of the beat, often.

How to play

1. "Make groups of 4."
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute, "Change leader."
6. "New leader, move at a different level."
7. After 1 minute, "Change leader."
8. "New leader, do different movements at different levels."
9. After 1 minute, "Change leader again."
10. "New leader, do your own movements at different levels."



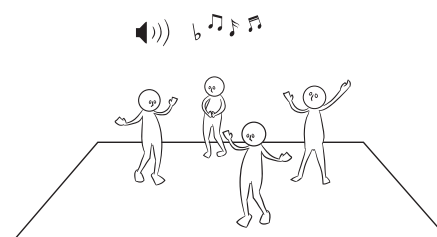
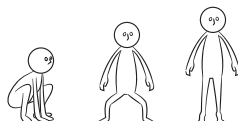
Pose game

Main part
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

1. Drum or play any song. Stop and start the beat, often.
2. "Dance around the room, when the beat stops, you will have to make a position using different levels. i.e. someone crouches, the other one squats and the third one tiptoes. You will have to hold every pose for at least 8 counts. Listen carefully to each instruction."
3. Play and stop the beat, reading a different instruction each time the music stops:
 - "Groups of 3. Freeze at different levels."
 - "Groups of 4. Freeze at different levels."
 - "Groups of 5. Everyone doing the same position."
 - "Groups of 6. Everyone must do his/her own individual position."

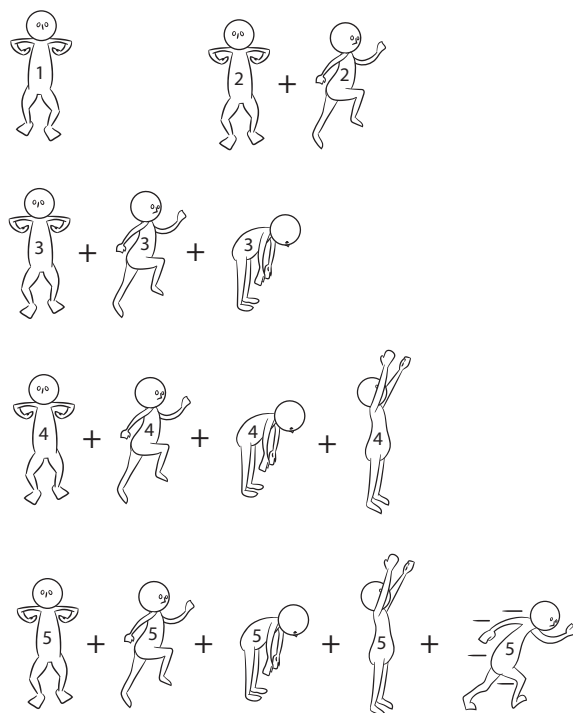


Copy and add

Main part
Time: ~ 10 min

How to play

1. Divide learners into groups of 5.
2. "Make a circle in your group."
3. "Number yourselves from numbers 1 to 5."
4. "Today, you must choose one body part (for example a foot, a leg, a hand, a finger, a toe) and make a movement with that body part."
5. "Person 1, choose your body part and show your movement."
6. "Group, copy the movement."
7. "Person 2, repeat movement 1 before you add your own movement."
8. "Group, copy both movements, movement 1 and 2."
9. "Person 3, start from the beginning. Do movements 1 and 2 before you add your own movement."
10. Each person must get a turn to add his/her movement to the sequence, i.e:
Person 1 = wave the arm.
Person 2 = wave the arm, wiggle a leg.
Person 3 = wave the arm, wiggle a leg, circle the hips.
11. "Person 4, start from the beginning. Do movements 1, 2 and 3 before you add your own movement." Person 5 must do the same.



Favourite moves

Main part
Time: ~ 10 min

How to play

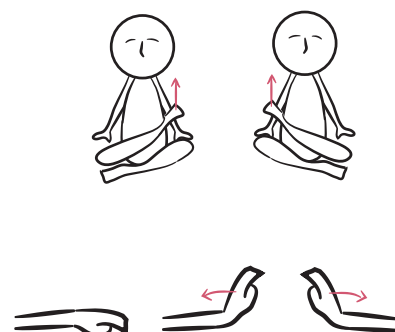
1. "Choose 2 favourite moves from the previous exercise."
2. Place learners in groups of 3.
3. "Teach your two movements to your group."
4. "Each group should have a total of 6 movements."
5. "String these movements together to make a dance."
6. Provide learners with some time to practise their dance.
7. "It is show time. Sit where you are."
8. Instruct each group to show the class its dance.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Sit on the floor with stretched out legs. Close your eyes."
2. "Imagine your feet and hands have strings attached to them."
 - "Slowly, pull your right toes towards your head. Flex your feet hold it there for 8 counts and relax again."
 - "Slowly, pull your left toes towards you head. Flex your feet. Feel the tension that builds up. Hold it for 8 counts and relax again."
 - "Try pulling the string on the back of your right hand towards your elbow. Hold it there for 8 counts and loosen it up again."
 - "Try pulling the string on the back of your left hand towards your elbow. Flex your hand. Hold it there for 8 counts and loosen it up again."
3. You can play a soft, relaxing song in the background or hum a slow melody.
4. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat deep breaths 3 times.





Movements and force

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum at a running pace.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in a circle."
2. "Greet the person standing next to you with a movement of your choice."

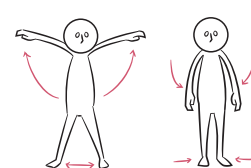
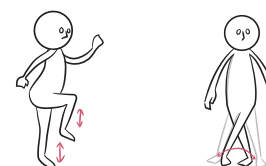
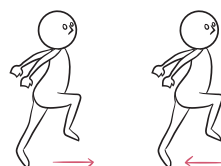
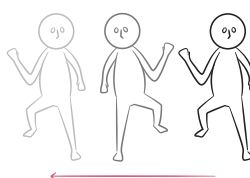
Boxing match

Introduction
Time: ~ 5 min

Accompaniment: Use drums or play the Boxing song from the CD.

How to play

1. "Find a partner."
2. "Practise with your partner. Do not stop moving and jumping."
 - "Gallop to the side." (4x)
 - "Gallop to the other side." (4x)
 - "Skip to the front." (x4)
 - "Skip to the back." (x4)
 - "Gallop on the spot slowly." (8x) "Gallop faster." (8x)
 - "Let us criss-cross slowly" (x8)
 - "Criss-cross fast." (x8)
 - "Gallop to the side." (4x)
 - "Gallop to the other side." (4x)
 - "Jump with your one foot in front of the other foot. Change feet every time you jump." (8x)
 - "Now, do it faster." (8x)
 - "First jump with your right foot in front of the left foot. Now, jump with your right foot behind your left foot. Back and forth." (8x)
 - "Star jump!" (x8)
 - "Star jump forward." (x8)
 - "Star jump backwards."
 - "Jump on the spot." (x8)
 - "Jump to the right side."
 - "Jump to the left." (8x)
3. Use drums or play the Boxing song from the CD.
"Face your partner as you follow instructions. You are not allowed to touch each other. Do the movements in your own space."



Boxing match

Continued

Drums

I-i-i-i-t's boxing time!
Boxing time is lots of fun
Come and try it, everyone!

Jump up and down...

Run on the spot...

Slow punch left...

Slow punch right...

Punch really fast!
Let's speed it up!
Punch really fast!
Let's speed it up!

Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)
Hop to the left (1-2-3-4)
Hop to the right (1-2-3-4)

Now skip – jump, jump...

Duck! Duck way down...

Punch in the air
Fists to the front
Punch in the air
Fists to the front

Criss cross over 1-2-3-4
Criss and cross
Criss cross over 1-2-3-4
Criss and cross

Low kick left leg 1-2-3-4
Low kick left leg 1-2-3-4
Low kick right leg 1-2-3-4
Low kick right leg 1-2-3-4

High kick left leg 1-2-3-4
High kick left leg 1-2-3-4
High kick right leg 1-2-3-4
High kick right leg 1-2-3-4

Boxing time is almost done
Working up a sweat is fun
Boxing is for everyone
Let's give one last punch for fun!
1-2-3 and PUNCH!

Song from CD

Follow the instructions in the song.

Copy and add

Main part
Time: ~ 25 min

How to play

1. Place learners into groups of 5.
2. "Make a circle in your group."
3. "Number yourselves from numbers 1 to 5."
4. "Imagine you are in a boxing match. Think of a movement you can do in the boxing match. Every person must choose his/her own movement that they can do in the boxing match."
5. "Person 1, choose your fighting movement."
6. "Group, copy the movement."
7. "Person 2, repeat movement 1 before you add your own movement."
8. "Group, copy both movements, movement 1 and 2."
9. "Person 3, start from the beginning. Do movements 1 and 2 before you add your own movement."
10. Each person must get a turn to add his/her movement to the sequence, i.e:
Person 1 = boxing.
Person 2 = boxing and kicking.
Person 3 = boxing, kicking, and jump.
11. "Person 4, start from the beginning. Do movements 1,2 and 3 before you add your own movement." Person 5 must do the same.
12. Once the learners have finished the activity, instruct them: "create a short dance with your 5 movements."
13. "Add an ending position with 3 different levels."
14. Provide them with approximately 5 minutes to practise their dance.
15. "It is show time. Sit where you are, in your group."
16. Each group must get a chance to perform its dance to the class.
17. Reflection: "At the count of 3, show me your favourite movement you saw today." "1.....2.....3."

Outro

Cool down
Time: ~ 5 min

How to stretch

As a teacher read the following instructions in a calm voice.

1. "Stand where you are. Close your eyes."
 - "Move your body gently from side to side.
 - Imagine you relax little by little, one part of your body at a time.
 - First your face relaxes,
 - Then your shoulders,
 - Then your arms, then your hands."
 - "Now, slowly your hips relax,
 - Your legs start to relax,
 - Your knees relax and your feet relax."
 - "You are so relaxed that you gently collapse to the floor."
2. You can play a soft, relaxing song in the background or hum a slow melody.
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts." Repeat the deep breaths 3 times.



Assessment: Moving to music

First and last name: _____

Date: _____

Class: _____

Rating: **3 points:** Meets the expectations with excellence

2 points: Meets the expectations

1 point: Meets not all the expectations

0 points: Didn't meet any expectations

	Term 1	Term 2	Term 3	Term 4
1) Participation				
2) Creativity				
3) Coordination				
4) Musicality / Rhythmic ability				
5) Togetherness (being in sync.)				
6) Social interactive skills				
7) Physical endurance / concentration				
Total points:				
Mark:				

General comments: _____

Rating Code	Description of Competence	Percentage
7	Outstanding achievement	80 - 100
6	Meritorious achievement	70 - 79
5	Substantial achievement	60 - 69
4	Adequate achievement	50 - 59
3	Moderate achievement	40 - 49
2	Elementary achievement	30 - 39
1	Not achieved	0 - 29

GOOD LUCK!

