



KaziBantu



Healthy Schools for Healthy Communities

GRADE 6

KAZIKIDZ TEACHING MATERIAL

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LESSON PLANS FOR
Grade

6



***Health & Hygiene
and Nutrition***



***Physical
Education***



***Moving to
Music***



KaziKidz

Teaching Material for Schoolchildren

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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 6



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

Component	Term	Lesson Number	Lesson Content	Date
Moving to Music	Term 1	Lesson 1	Directions and movement repertoire	
		Lesson 2	Movement repertoire and isolations	
		Lesson 3	Movement vocabulary and contrasting movements	
		Lesson 4	Movements and force	
		Lesson 5	Rhythm and body percussion	
		Lesson 6	Movement variations and levels	
		Lesson 7	Force and creativity	
		Lesson 8	Levels of movement	
		Assessment: Moving to Music		
	Term 2	Lesson 9	Isolations and movement repertoire	
		Lesson 10	Musicality and directions	
		Lesson 11	Coordination and freeze	
		Lesson 12	Coordination	
		Lesson 13	Body percussion	
		Lesson 14	Formations and freezes	
		Lesson 15	Isolation and coordination	
		Lesson 16	Coordination combination with levels of force	
		Assessment: Moving to Music		
	Term 3	Lesson 17	Directions and movement repertoire	
		Lesson 18	Movement repertoire and isolations	
		Lesson 19	Movement vocabulary and contrasting movements	
		Lesson 20	Movements and force	
		Lesson 21	Rhythm and body percussion	
		Lesson 22	Movement variations and levels	
		Lesson 23	Force and creativity	
		Lesson 24	Levels of movement	
		Assessment: Moving to Music		
	Term 4	Lesson 25	Isolations and movement repertoire	
		Lesson 26	Musicality and directions	
		Lesson 27	Coordination and freeze	
		Lesson 28	Coordination	
		Lesson 29	Body percussion	
		Lesson 30	Formations and freezes	
		Lesson 31	Isolation and coordination	
		Lesson 32	Coordination combination with levels of force	
		Assessment: Moving to Music		



Directions and movement repertoire

Moving to music: Intermediate phase

Accompaniment

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

Run to the beat

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

Play music/drums. Instruct learners: "Run across the entire movement area." Give one of the following instructions every 30 seconds:

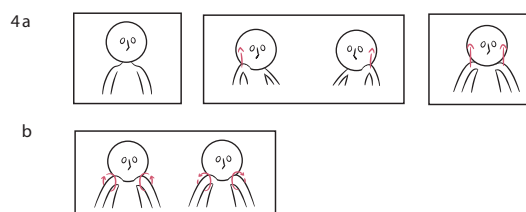
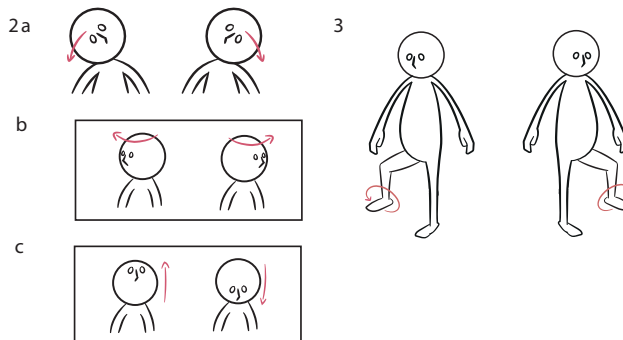
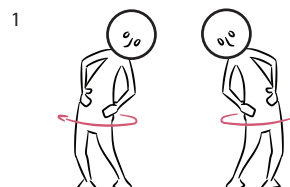
1. "Run backwards."
2. "Run sideways."
3. "Run forward."
4. "Change your run to a skip."
5. "Skip backwards."
6. "Skip sideways."
7. "Skip with a friend."
8. Repeat instructions in a different order.

Mobilisation and isolations

Main part
Time: ~ 10 min

How to move

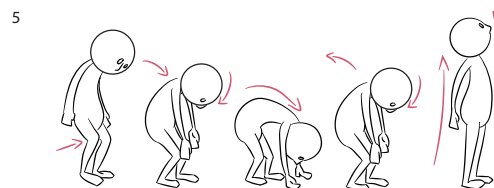
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Neck movements:
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - 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

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.



Favourite moves circle

Main part
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."

Creative group activity: Favourite moves partner combination

Main part
Time: ~ 10 min

How to play

1. Find a partner
2. "Teach your 3 favourite movements to your partner."
3. "Add your 6 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give learners 10 minutes to practise.

Cool down

Cool down
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



Movement repertoire and isolations

Moving to music: Intermediate phase

Accompaniment

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

Favourite moves dance sequence

Introduction
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

1. Place learners in circles of 5. Play some music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Instruct the learners to copy the first learner's movement and the second learner's movement in a continuous manner.
6. Instruct the third learner in the circle to contribute a movement.
7. Learners must copy movement 1, 2 and 3 in a continuous manner.
8. Instruct the fourth learner in the circle to present a new movement.
9. Learners must do movement 1, 2, 3 and 4 in a continuous manner.
10. Instruct each circle to repeat the above activity in its smaller circle, and remember its 5 movements.

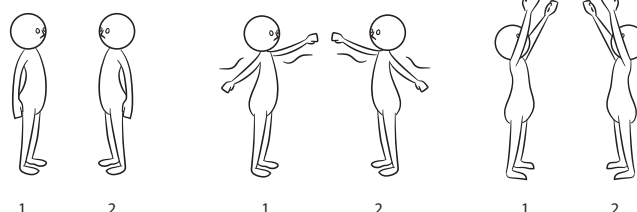
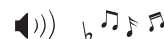
Mirror mirror

Main part
Time: ~ 5 min

How to play

Two partners face each other. One learner is the "the person" and the other "the mirror". Movements must be slow (no fast movements).

1. "Stand facing your partner with a small space between you."
2. "Choose 'the person'."
3. Play slow music/drums: "Person, show slow movements."
4. "Mirror, copy the movements as precisely as you can."
5. After 1 minute: "Swap around! Mirror, now you lead."
6. After 1 minute: "Change leaders again. Now stand still and try to move only your head. Only head movements are allowed."
7. "Only upper body movements are allowed."
8. "Change leaders again."
9. "Use only your lower body part."
10. "Only fluent and slow movements."
11. "Try to move as big as you can. Only big movements are allowed."
12. "Move jerky! Move like a robot!"
13. Last round: "Move any way you want and make sure that your mirror is following you."



Creative group activity: Movement sentence sequenceMain part
Time: ~ 15 min**How to play**

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance. "Put a dance together by using the following words: roll, twist, spin, jump, wiggle, collapse and end. Keep these words in the same order."
3. Give the learners 10 minutes to design their dance.

Cool downCool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement vocabulary and contrasting movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Kicking song from the CD.
- Chose 3 songs with different music styles or play the Music style mix from the CD.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio recap

Introduction
Time: ~ 5 min

How to play

Drum or play any song. Read the following instructions:

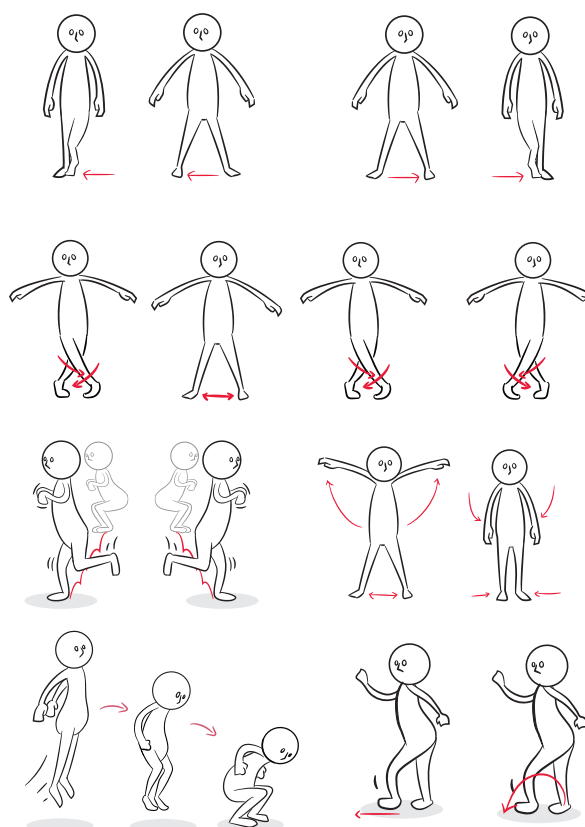
1. "Dance around the room." (x 30 seconds)
2. "Make high movements up in the sky." (x 30 seconds)
3. "Make low movements close to the ground." (x 30 seconds)
4. "Dance, but use only your upper body parts (arms, head, shoulders, chest and elbows)." (x 30 seconds)
5. "Dance, but use only lower body parts (legs, feet, hips, knees)." (x 30 seconds)
6. "Dance with only your elbows." (x 30 seconds)
7. "Dance backwards." (x 30 seconds)
8. Repeat from the beginning

Movement orientation

Introduction
Time: ~ 5 min

How to move

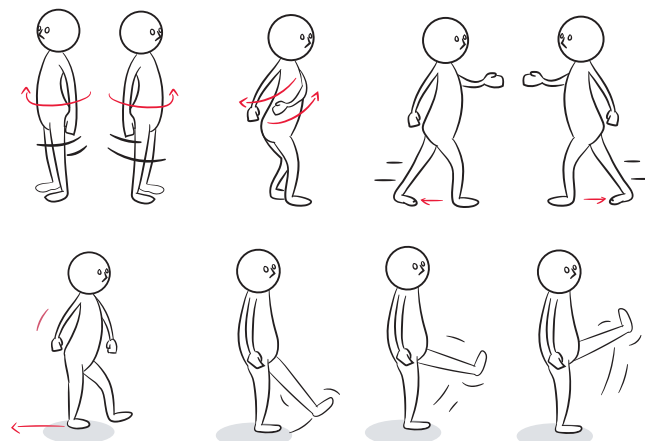
1. "Let us go practise some movements before we start."
 - "Step together step touch: move to the right, as you step open close open close."
 - "Step together step touch: move to the left, as you step open close open close."
 - "Do 'step together step touch' – both ways – 4 times."
 - "Criss-cross: jump crossing your legs; jump feet open."
 - "Criss-cross with the right foot in front." (x4)
 - "Criss-cross with the left foot in front." (x4)
 - "Criss-cross alternating your feet." (x4: Right, left, right, left)"
 - "Gallop to the right." (x4)
 - "Gallop to the left." (x4)
 - "Star jump: jump with your feet open and jump close. Make a star shape with your arms as jump open, relax your arms as you jump close." (x4)
 - "Jump gently and lightly. Land gently through your feet. First with the ball (under your toes) of your foot, then with your heel."
 - "Shuffle: shift your feet forward and back, keeping them on the floor as you move."
 - "Shuffle again, but bounce without lifting your feet off the ground."



Movement orientation

Continued

- “Twist your hips, knees and feet in the same direction” Change directions fast.”
- “Twist on the spot.”
- “Twist as you move to the right side of the room.”
- “Twist as you move to the left side of the room.”
- “Running man: step with your one foot on the spot and shoot your other foot to the back. Repeat the same movement on the other foot. If you change feet fast, it should look like you are running.”
- “Kick you feet at a low, medium and high level.”



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

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Step together, step touch
Step together, step touch
Step together, step touch
Step together, step touch

Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4
Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Do some running on the spot
Running man runs on the spot
Do some running on the spot
Running man runs on the spot

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Twist your body – let's go
1-2-3-4
Let us twist down to the floor
1-2-3-4
Twist back up now – let's go
1-2-3-4
Let's get up and do some more!

Twist to the right, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low
Twist to the left, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low

Low kick to the right
Low kick to the left
Low kick to the right
Low kick to the left

High kick to the right
High kick to the left
High kick to the right
High kick to the left

Side kick to the right
Side kick to the left
Side kick to the right
Side kick to the left

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Opposite mirror

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Face your partner anywhere in the room. Spread out."
3. "You are an opposite mirror."
4. "Choose a leader."
5. "Leader, whenever you put your right hand out, your partner must also put his/her right hand out. Remember, your right hands will be on opposite sides if you are facing each other."
6. "Your partner must do exactly the opposite of what you are doing."
7. "Move only your arms."
8. "Move only your legs."
9. "Use your whole body."
10. "Switch between fast and slow movements."
11. "Change leader."
12. Repeat instructions 6-9.

Creative movement activity

Main part
Time: ~ 10 min

How to perform

1. Place learners into groups of 4.
2. "You must have 2 partners in a group."
3. "Design a dance where you use opposite movements. Include slow and fast movements."
4. After 5 minutes: "Can you add different levels of movement?" (i.e. high vs. low movements)
5. Provide learners with another 5 minutes to practise.
6. It is show time. Sit down where you are.
7. Instruct two groups to perform their dance at the same time. Make sure all the groups have a chance to perform their dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes."
2. As the teacher, read these instructions in a calm voice. Check that everyone is concentrating. "We must roll down our spines."
 - "Drop your chin to your chest."
 - "Relax your shoulders and drop your shoulders towards the ground."
 - "Let your chest and upper body roll forward to make a rounded hunch back"
 - "Bend your knees slightly, over your toes. Relax your head and neck."
 - "Let your arms hang loose beside your body towards the ground."
 - "Move your body all the way towards the floor, so that your finger tips touch the floor. Keep your chin on your chest, and your knees bent over your toes."
 - "Hold it there for at 8 counts."
 - "Let us reverse as we roll back up, slowly."
 - "Start by stretching your knees."
 - "Roll your body up slowly, one vertebrae at a time."
 - "Keep your head relaxed, with your chin on your chest."
 - "Roll your body up until you stand up straight with your shoulders relaxed."
 - "The last thing to come up must be your head."
 - "Roll down and up, 4 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



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 two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song.

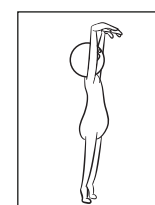
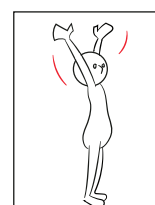
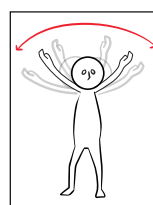
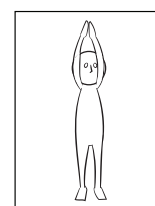
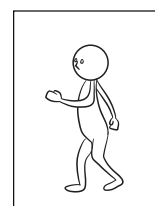
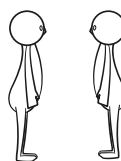
- "Dance around the room as you:
- "Move like a robot." (x 20 seconds)
- "Move like a snake." (x 20 seconds)
- "Move like the wind." (x 20 seconds)
- "Move like a monster." (x 20 seconds)
- "Move like horse." (x 20 seconds)
- "Move like a lightning bolt that crash through the sky." (x 20 seconds)
- "Be the rain." (x 20 seconds)
- Repeat above instructions.

Following movements

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Face your partner."
3. "Choose a leader and a mirror."
4. "Leader must follow the instructions, mirror copy the movements."
5. "Listen carefully to the instructions."
 - "Slow movements."
 - "Fast movements."
 - "Big slow movements."
 - "Be a lightning bolt."
 - "Low movements."
 - "Be the wind."
 - "High movements."
 - "Be the rain."
6. "Change leaders. New leaders, do different movements."
7. Repeat instruction 5.



Creative movement activity

Main part
Time: ~ 15 min

How to play

1. Place learners into groups of 5.
2. "Today you are going to design a dance about a storm. First the wind begins to blow, then it rains softly and then loudly, and then the lightning bolts crash down to ground and across the sky as the thunder sounds loudly through the universe. How will you dance that?"
3. "Design a dance that represents a storm."
4. "Choose at least 6 different movements. Combine these together to flow from the one movement into the next."
5. Provide learners with 10-15 minutes to practice.
6. "It is show time. Sit where you are."
7. Instruct each group to show its dance to the class.

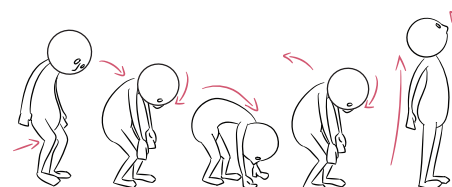
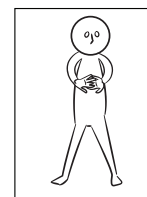
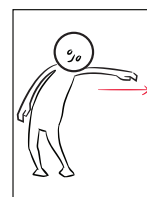
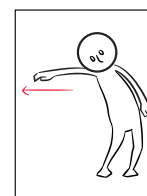
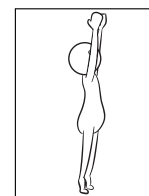
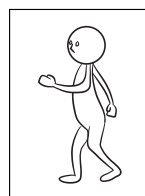
Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a clam voice:

1. "Stand in a circle and do everything in a slow, flowing movement."
 - "Make any slow movements."
 - "Stretch up tall to the sky and relax."
 - "Reach with your one arm to the side and relax."
 - "Reach with your other arm to the side and relax."
 - "Reach with both arms forward into the circle and relax."
 - "Roll down your spine (vertebrae by vertebrae – bend your knees)."
 - "Roll up your spine (vertebrae by vertebrae – bend your knees)."
 - "Relax everything."
 - "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.

Name game

Introduction
Time: ~ 5 min

How to play

Orientation: "Clap your hands and say your name and surname in time to the beat. How many beats does your name and surname have?"

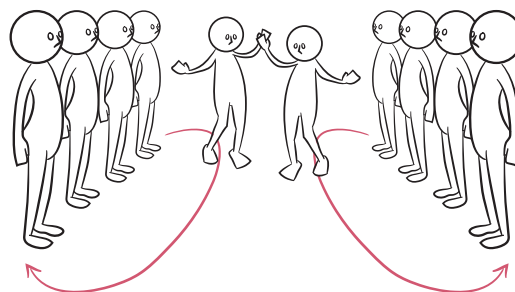
1. Make a circle.
2. Learners must walk on the spot to keep the beat (i.e. r – l – r – l).
3. Choose the starting learner. "Say your name and surname in time to the beat. Let the class repeat the name and surname while clapping.
4. Add 4. Let everyone say the persons name and surname while clapping.

Soul train

Main part
Time: ~ 5 min

How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



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 once on every second foot (for example the left foot).
3. Once learners are comfortable with the rhythm, start the game:
4. "Everybody stomp your feet. One learner claps his/her hands once and passes the rhythm on to the next learner 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. Stand in a circle.
2. Create a short rhythm pattern using body percussion (i.e. clapping, snapping fingers, slapping thighs, stamping feet, clucking, whistling, etc.).
3. Everyone must repeat the same rhythm pattern. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
4. Appoint the next learner to create a different rhythm pattern.
5. Give 10 learners a chance to share their rhythm patterns.

Creative group activity: Body percussion sequence

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. Instruct learners to make different sounds and rhythms by using the body (i.e. clapping, clicking, stomping, slapping the chest, etc.).
3. Instruct learners to choose 5 different body percussion 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.



Movement variations and levels

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 to the beat. Give one of the following movement instructions every 30 seconds:

1. "Run around the movement area."
2. "Walk through the mud."
3. "Run on ice."
4. "Walk through a thick forest."
5. "Rush to the bus."
6. "Walk through water."
7. "Run over hot sand."
8. "Walk barefoot on stones."
9. "Dance in slow motion."
10. "Clean your house in fast motion."

Freeze 'n copy

Main part
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

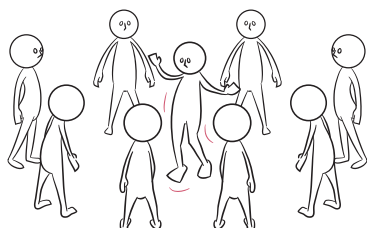
1. Play music/drums: "Move freely to the music." Ensure learners are using the whole movement area to move.
2. Stop music/drums: "Freeze! Do not move!"
3. Repeat the above 5 times.
4. Play music/drums: "Move!"
5. Stop music/drums: "Pose!" (A big creative freeze position, "use your arms!").
6. As teacher, choose your favourite pose and instruct your learners: "Copy (e.g Vuyo's) position as fast as you can."
7. Play music/drums: "Dance!"
8. Stop the music: "Pose!"
9. "Copy (e.g. Siphe's) position."
10. Repeat the above 10 times.

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.



Group puzzle dance

Main part
Time: ~ 15 min

How to play

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. In total, your dance will have 5 movements. One from each learner in your group."
3. "Design an ending position in three levels."
4. After 5 minutes, say: "Also add a change of formation into your dance."
5. Give learners 15 minutes to design their own dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Force and creativity

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of choice.
- Drum at any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio game

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song.

1. "Dance around the room as you:
 - "Move like a monster." (x 20 seconds)
 - "Move like a snake." (x 20 seconds)
 - "Move like the wind." (x 20 seconds)
 - "Move like fire." (x 20 seconds)
 - "Move in a circle."
 - "Move like elephant." (x 20 seconds)
 - "Move like a lightning bolt that crash through the sky." (x 20 seconds)
 - "Be the rain!" (x 20 seconds)
 - "Draw a circle in the sky."
2. Repeat above instructions.

Atom game

Introduction
Time: ~ 5 min

How to play

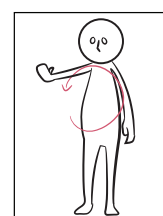
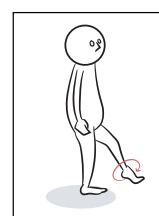
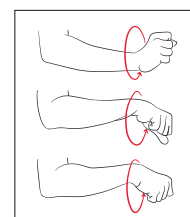
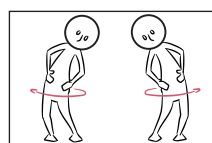
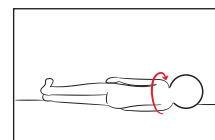
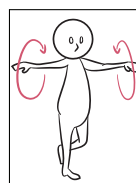
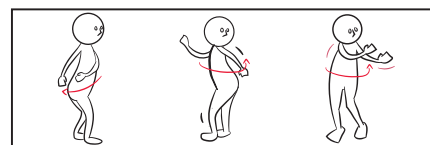
1. Let someone drum at any beat and stop whenever he/she likes.
2. "When the music stops, get into groups and follow the instructions." (The body parts mentioned in the commands mean that those have to be touching the ground).
3. Instructions for each time the music stops:
 - "Groups of 3: freeze! Only one hand and two feet touching the ground."
 - "Groups of 4: let only three feet, two hands and one knee touch the ground."
 - "Groups of 3: 1 shoulder, 3 feet, and 2 hands need to touch the ground. Hold the position."
 - "Groups of 4: 1 bottom, 2 feet, 2 hands need to be on the ground."
 - "Groups of 2: 1 hand and 1 foot. Hold the position."
 - "Groups of 4: 2 hands and 4 feet. Try moving around like this."
 - "Groups of 3: 4 hands and 2 feet. Try moving around like this."

The elements rotate

Main part
Time: ~ 10 min

How to play

1. "Can you think of different ways to rotate/circle your body?"
 - "Turn!"
 - "Find three different ways to turn."
 - "Circle your arms."
 - "Roll to the side."
 - "Circle your hips."
 - "Twist your wrist."
 - "Circle your ankles."
 - "Circle your arms in front of your stomach."
2. "Let us think about the different elements."
 - Earth.
 - Fire.
 - Water.
 - Wind.
3. "How would you move to each Element?"
 - "Fire moves fast and with a lot of force."
 - "Wind can be soft and gentle or strong a stormy."



Creative movement activity

Main part
Time: ~ 10 min

How to play

1. "Get into groups of 5."
2. "Choose 1 element as a theme (i.e. fire)."
3. "Design a dance about your element. Use at least 3 rotations in different forms (i.e. turn, roll, circle arms). Also use different levels of movement. You need a total of 8 different movements." (i.e. high, medium and low)
4. Give the learners 10-15 minutes to practise their sequence.
5. "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

1. "Close your eyes and lie down."
2. "Tense up your whole body as much as you can, hold it for 10 seconds, and relax again. Do it 3 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Levels of movement

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of choice.
- Drum at different speeds and rhythms.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Follow the leader

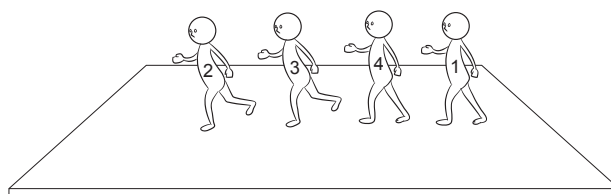
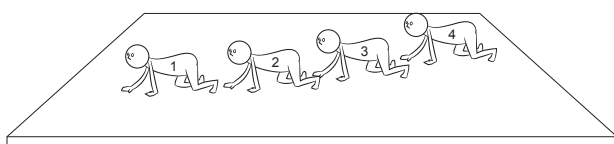
Introduction
Time: ~ 5 min

Accompaniment: Use drums.

How to play

Use drums. Change the speed of the beat often.

1. "Make groups of four."
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

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song. Stop and start the beat often.

1. "Dance around the room, when the beat stops, get into a group, and pose using different levels. i.e. do high, medium or low level movements. Hold every position until the music starts again."
2. Each time the music stops, read a different instruction.
 - "Groups of 3: 3 levels."
 - "Groups of 4: 4 levels."
 - "Groups of 5: 5 levels."
 - "Groups of 6: 3 levels."
 - "Groups of 2: 1 level."
 - "Groups of 4: 3 levels."

Creative movement activity

Main part
Time: ~ 10 min

How to play

1. Place learners in groups of 5
2. "Design a dance that includes 3 different levels, 2 rotations and 2 jumps."
3. Give them at least 15 minutes to practise their dance.

Show down

Main part
Time: ~ 10 min

How to play

1. "This is a movement battle (competition)."
2. "Stand in a circle."
3. As teacher, choose the first 2 groups that will compete with each other.
4. Instruct the two groups: "Stand in the middle of the big circle, facing each other."
5. Start the drumming/song.
6. "The one group performs its dance to the other group."
7. "Straight after, the second group must perform its dance (whilst facing the first group)."
8. "The rest of the class decides which group wins. The winning group stays in the circle to compete in the next round."
9. As teacher, make sure each group has a chance to perform in the circle."

Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a very calm voice:

1. "Close your eyes and sit down."
2. "Imagine:
 - Your body heats up.
 - Feet, legs, upper body, arms, hands become very hot.
 - After a while, someone pours cool water overhead.
 - This regulates your temperature from your head, to your shoulders, to your stomach down to your hips, legs, and feet. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Isolations and movement repertoire

Moving to music: Intermediate phase

Accompaniment

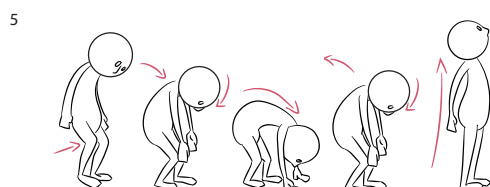
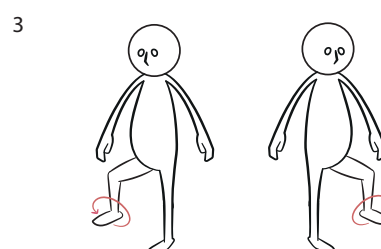
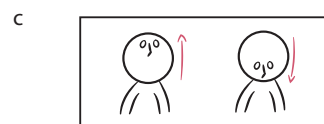
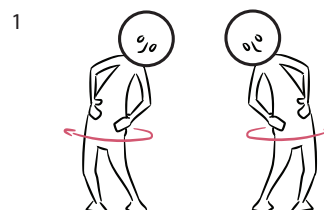
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

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.



Favourite moves circle

Main part
Time: ~ 10 min

How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."

Creative group activity: Favourite moves partner combination

Main part
Time: ~ 5 min

How to perform

1. "Find a partner."
2. Teach your 2 favourite movements to your partner."
3. "Add your 4 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give them 5 minutes to prepare.

Creative group activity: Follow-up

Main part
Time: ~ 10 min

How to perform

1. Instruct the same pairs from the above activity: "Join with another group. Now, you have four people."
2. "Teach your 4 movement dance to the rest of your group."
3. "Give the other partners a turn to teach their four movements to you." Both pairs need to learn and practice the other partner combination.
4. "Combine your movements together to make a dance that contains at least 8 different movements."
5. Give them 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Musicality and directions

Moving to music: Intermediate phase

Accompaniment

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

Move to the beat

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

Play music/drums. Instruct learners: "Run around the whole movement area." Give one of the following instructions every 30 seconds:

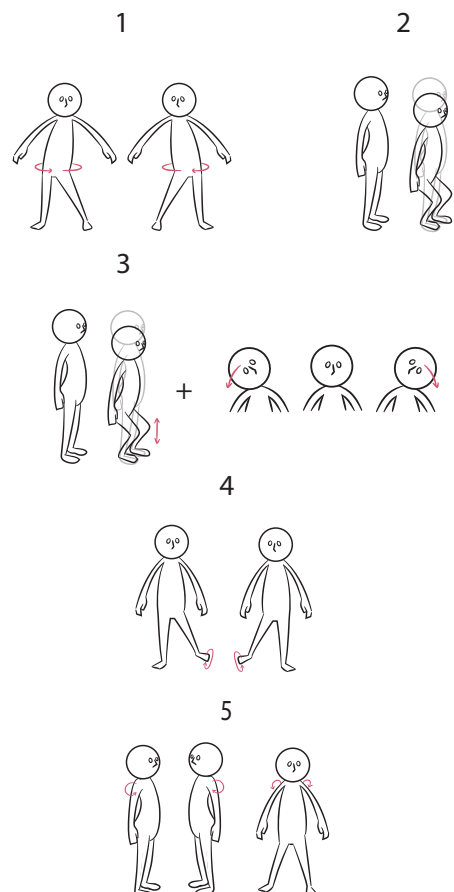
1. "Run backwards!"
2. "Run sideways!"
3. "Switch between running forwards, backwards and sideways."
4. "Change the speed of your running every 10 counts. (Run fast and slow)."
5. "Walk and breathe."
6. "Dance and add a freeze every 5 counts."
7. "Run, stop and continue with long steps."
8. "Fall and roll on the floor between your movements."
9. "Walk and breathe."
10. "Combine all the actions: backwards/forwards/sideways, speed change, falling, stop and go."

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to play

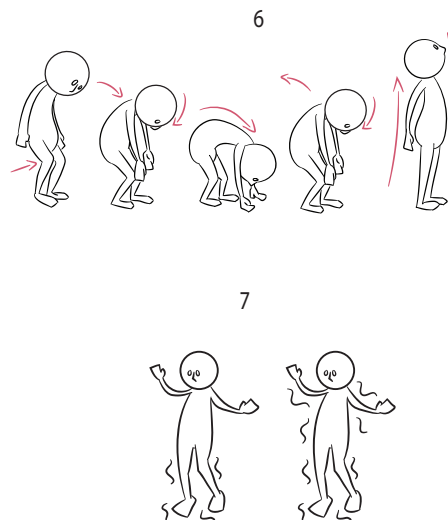
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
 - a. Stand with your feet apart.
 - b. Gently bend your knees behind your toes.
 - c. Gently stretch your knees.
 - d. Keep posture tall as you do the knee bounces.
 - e. Repeat knee bounces 8 times.
3. Neck movements:
 - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
 - b. Bounce your knees as you:
 - i. Look straight ahead for 4 counts.
 - ii. Drop your right ear to your right shoulder for 4 counts.
 - iii. Look straight ahead for 4 counts.
 - iv. Drop your left ear to your left shoulder for 4 counts.
4. 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.
5. Shoulders:
 - a. Roll your right shoulders backwards 4 times.
 - b. Roll your left shoulder backwards 4 times.
 - c. Roll both shoulders simultaneously 4 times.
 - d. Repeat a-c with forward shoulder rolls.



Mobilisation and isolations

Continued

6. Roll down:
 - a. Stand with your legs slightly apart with the above posture.
 - b. Relax and bend your knees. Knees must bend behind your toes.
 - c. Lengthen your spine even if your knees are slightly bent.
 - i. Slowly drop your chin to your chest.
 - ii. Hang your arms and your body forward.
 - iii. Bend your knees slightly. Keep your head tucked in.
 - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - d. Slowly reverse and roll back up again.
 - i. Bend your knees.
 - ii. Keep your head tucked in.
 - iii. Last thing to come up is your head.
 - iv. Lengthen your spine to the ceiling, shoulders down.
 - e. Repeat the rolling down and up 8 times.
7. Stand up
 - a. Shake out your feet, knees and legs.
 - b. Shake your body and arms.



Freeze number 1, 2 and 3

Main part
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

Play music/drums and tell your learners to move freely to the music.

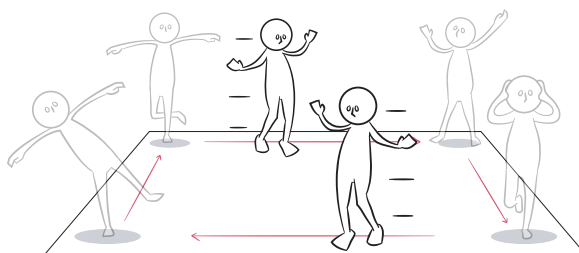
1. Stop music/drums: "Freeze! This freeze position is your position one. Remember your position 1."
2. Play music/drums: "Move!"
3. Stop music/drums: "Position 1!"
4. Play music/drums: "Move!"
5. Stop music/drums: "Freeze in a different position. This is your position 2. Remember position 2!"
6. Play music/drums: "Move on the floor."
7. Stop music/drums: "Freeze on the floor. This is position number 3."
8. "Repeat your 3 freeze positions."
9. Tell them to switch directly from movement 1 to number 2 and last to number 3.

Partner freeze combination in a square

Main part
Time: ~ 10 min

How to play

1. Make groups of two.
2. Tell your learners to choose 4 freezes.
3. "Imagine a square. Every freeze must happen in a corner of your square. Use travelling movements to move from corner to corner. So, pose, travel, pose, travel, pose, travel and pose."
4. After 5 minutes, say: "Make sure that each movement flows smoothly from one movement into the next. Give learners 10 minutes to practise."



Cool down

Cool down
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



Coordination and freeze

Moving to music: Intermediate phase

Accompaniment

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

Intro ritual

Introduction
Time: ~ 5 min

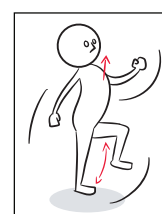
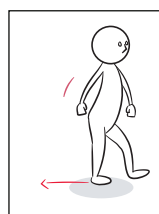
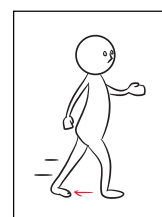
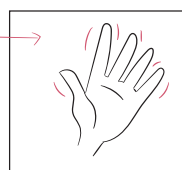
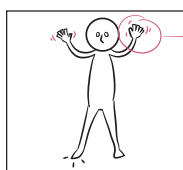
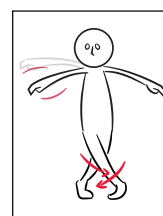
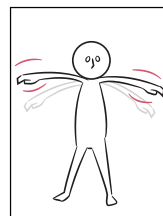
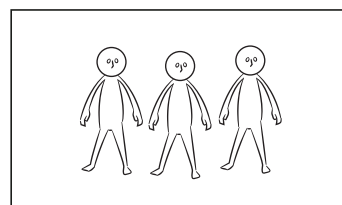
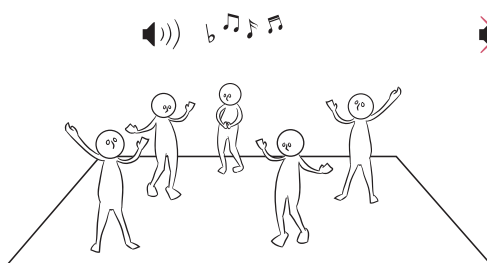
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Stop and go

Introduction
Time: ~ 5 min

How to move

1. Play a running pace song or drum at a running pace.
2. "Every time the music stops, you must get into groups of 3 and do an ending position."
3. Give the following instructions for when the music plays.
 - "Move two body parts as fast as you can at the same time." (stop)
 - "Shake your arm while criss-crossing." (stop)
 - "Move only your fingers while tapping your feet." (stop)
 - "Leap through the air." (stop)
 - "Circle hands while circling your hips." (stop)
 - "Running man." (stop)
 - "Move your chest up and down while stamping." (stop)
 - "Gallop sideways around the room." (stop)
 - "Step to the side while making a big circle with one arm." (stop)
 - Repeat above instructions.



Main part
Time: ~ 15 min

Main part
Time: ~ 10 min

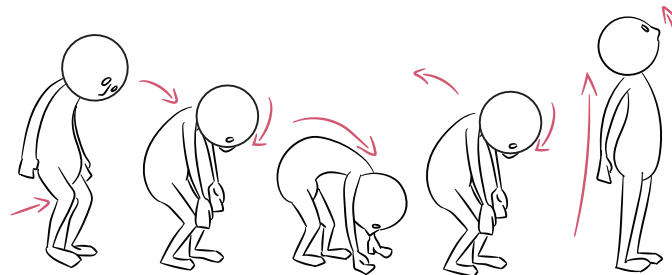
Page 2 of 3

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes."
2. As teacher read these instructions in a calm voice. Check that everyone is concentrating.
 - "We must roll down our spines."
 - "Drop your chin to your chest."
 - "Relax your shoulders and drop your shoulders towards the ground."
 - "Let your chest and upper body roll forward to make a rounded, hunch back."
 - "Bend your knees behind your toes. Relax your head and neck."
 - "Let your arms hang loose beside your body towards the ground."
 - "Move your body all the way towards the floor, so that your finger tips touch the floor. Keep your chin on your chest, and your knees bent over your toes."
 - "Hold it there for at 8 counts."
 - "Let us reverse as we roll back up, slowly."
 - "Start by stretching your knees."
 - "Roll your body up slowly, one vertebrae at a time."
 - "Keep your head relaxed, with your chin on your chest."
 - "Roll your body up until you stand up straight with your shoulders relaxed."
 - "The last thing to come up must be your head."
 - "Roll down and up, 4 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."





Coordination

Moving to music: Intermediate phase

Accompaniment

- Use drums or play Twist song.
- Drum at any speed and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

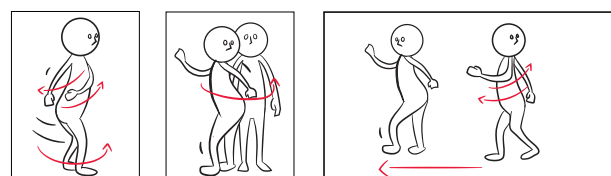
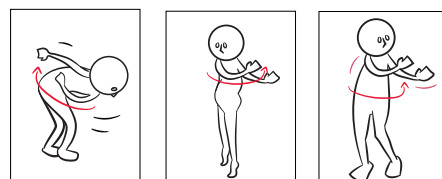
Twist song

Introduction
Time: ~ 5 min

Accompaniment: Play Twist song or drum to a fast walking pace.

How to play

1. Play Twist song or drum to a fast walking pace.
2. "Twist to the song/drums on the spot."
3. As the teacher, shout out a direction of movement.
 - "Twist backwards."
 - "Twist to the right side"
 - "Twist to the front."
 - "Twist to the ground."
 - "Twist on your toes."
 - "Twist to the left side."
 - "Twist while turning."
 - "Twist around a person."
 - "Try following a person while twisting."
4. Let a learner shout out instructions of directions and tasks.
5. Keep the learner twisting for a whole song or 7 min of drumming.



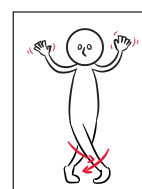
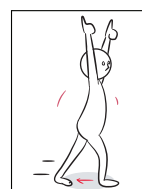
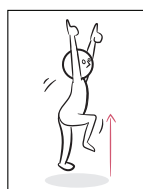
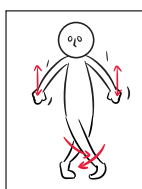
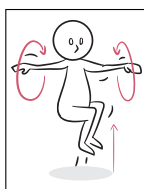
Orientation

Main part
Time: ~ 5 min

How to play

"Let us practise to do two movements at the same time:"

- "Circle your arms as you jump." (x 20 seconds)
- "Punch your arms as you criss-cross." (x 20 seconds)
- "Point your arms in the air as you skip." (x 20 seconds)
- "Wiggle your body as you turn." (x 20 seconds)
- "Shake your shoulders as you gallop." (x 20 seconds)
- "Wave your hands above your head as you skip!" (x 20 seconds)
- "Point your arms as you do the running man." (x 20 seconds)
- "Shaking your hands while criss-crossing." (x 20 seconds)



Coordination memory

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Person 1, design a 4-count arm sequence."
3. "Person 2, design a 4-count lower body part sequence."
4. Provide learners with 2 minutes to work by themselves.
5. "With your partner, see if you can add the arm movements to the lower body movements. See if you do these movements at the same time."
6. "Practise your 4 count dance a few times."
7. After 5 minutes: "Join another group."
8. "Teach them your sequence. Put the two dances together."
9. Practise in your group.
10. "It is show time. Sit where you are."
11. Instruct each group to show its dance to the class.

Freestyle circle

Main part
Time: ~ 10 min

How to play

Drum a fast speed and rhythm, or play any song.

1. "Make two circles."
2. "Dance to the music in the circle."
3. Instruct learners: "Take turns to jump into the middle of a circle and do your own movement that consists of upper and lower body movements."
4. "Learners in the circle must copy the movement."

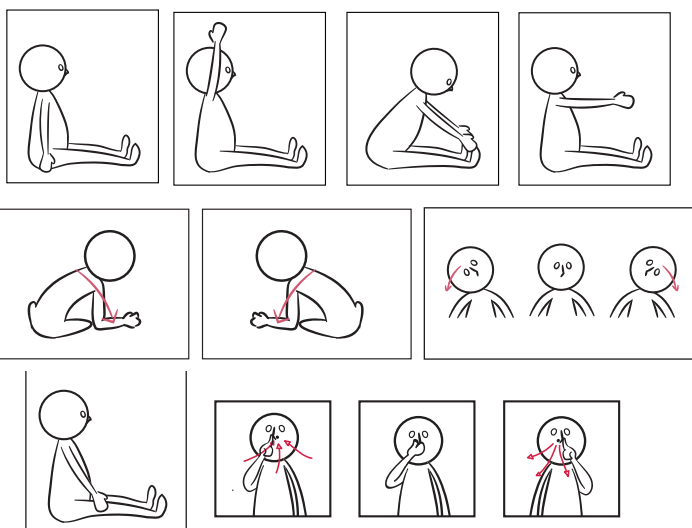
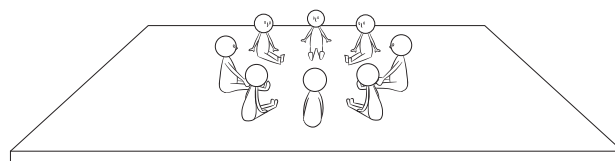
Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a clam voice:

1. "Sit in a circle and do everything in a slow flowing movement."
 - "Make your back straight."
 - "Stretch your arms up to the sky."
 - "Make your back straight."
 - "Touch your toes."
 - "Stretch your arms in front of you."
 - "Place your elbow on the floor next to your body and lean."
 - "Lean to the other side, elbow down."
 - "Sit upright again and keeping a straight back."
 - "Rest your right ear towards your right shoulder."
 - "Rest your left ear to your left shoulder."
 - "Relax everything."
 - "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."
 - Stand up and make an upright posture. Your shoulders, hips and heels should be in one line when looking from the side.





Body percussion

Moving to music: Intermediate phase

Accompaniment

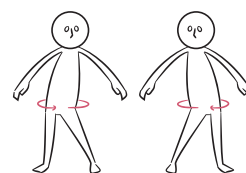
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Mobilisation and isolations

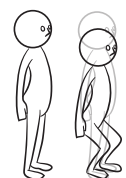
Introduction
Time: ~ 5 min

How to move

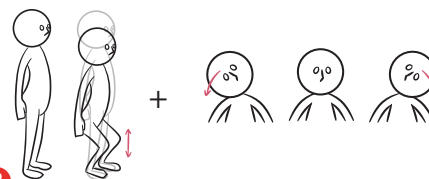
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
 - a. Stand with your feet apart.
 - b. Gently bend your knees behind your toes.
 - c. Gently stretch your knees.
 - d. Keep posture tall as you do the knee bounces.
 - e. Repeat knee bounces 8 times.
3. Neck movements:
 - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
 - b. Bounce your knees as you:
 - i. Look straight ahead for 4 counts.
 - ii. Drop your right ear to your right shoulder for 4 counts.
 - iii. Look straight ahead for 4 counts.
 - iv. Drop your left ear to your left shoulder for 4 counts.
4. 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.
5. Shoulders:
 - a. Roll your right shoulders backwards 4 times.
 - b. Roll your left shoulder backwards 4 times.
 - c. Roll both shoulders simultaneously 4 times.
 - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
 - a. Stand with your legs slightly apart with the above posture.
 - b. Relax and bend your knees. Knees must bend over your toes.
 - c. Lengthen your spine even if your knees are slightly bent.
 - i. Slowly drop your chin to your chest.
 - ii. Hang your arms and your body forward.
 - iii. Bend your knees slightly. Keep your head tucked in.
 - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - d. Slowly reverse and roll back up again.
 - i. Bend your knees.
 - ii. Keep your head tucked in.
 - iii. Last thing to come up is your head.
 - iv. Lengthen your spine to the ceiling, shoulders down.
 - e. Repeat the rolling down and up 8 times.
7. Stand up
 - a. Shake out your feet, knees and legs.
 - b. Shake your body and arms.



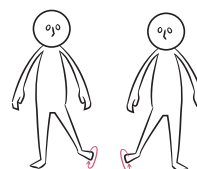
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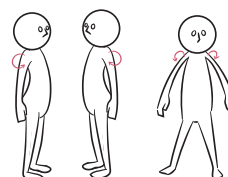
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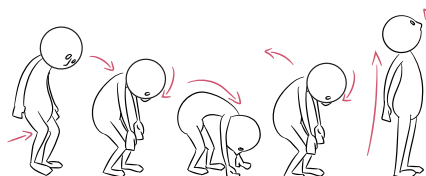
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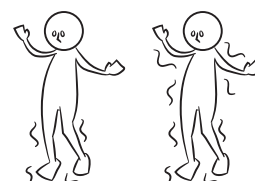
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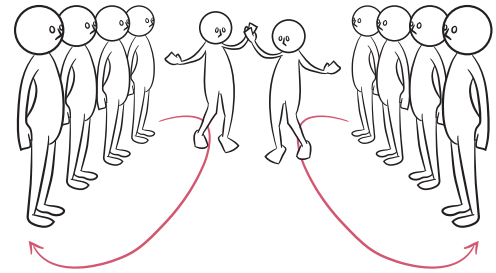
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Soul train

Introduction
Time: ~ 5 min

How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



Body percussion circle

Main part
Time: ~ 10 min

How to play

1. Stand in a circle.
2. Create a short rhythm pattern using body percussion (i.e. clapping, snapping fingers, slapping thighs, stamping feet, clucking, whistling, etc.).
3. Everyone must repeat the same rhythm. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
4. Appoint the next learner to create a different rhythm pattern.
5. Give 10 learners a chance to share their rhythm patterns.

Creative group activity

Main part
Time: ~ 10 min

How to perform

1. Divide your class into groups of 5.
2. Tell your learners to create a dance sequence with the action verbs clap, twist and jump.
3. "Choose 2 different ways to clap, 2 different ways to twist, and 2 different ways to jump. Combine them together to a dance. So, clap, twist, jump, clap, twist, jump, and end."
4. After 5 minutes say: "Add a change of formation to your dance."
5. Give learners 10 minutes to design their own dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Formations and freezes

Moving to music: Intermediate phase

Accompaniment

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

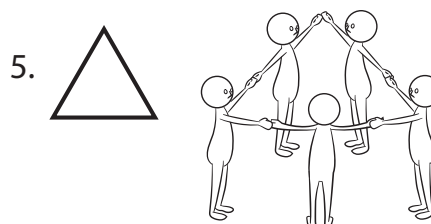
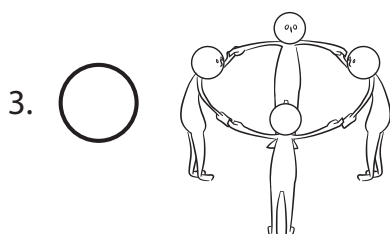
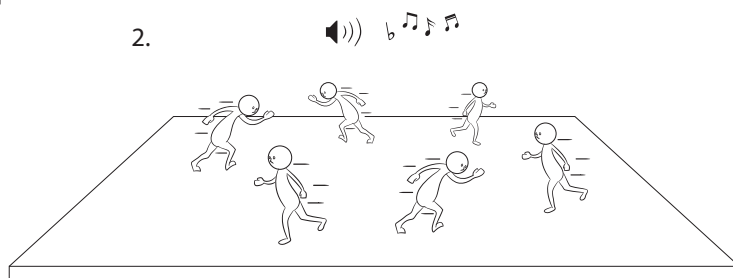
Group formations

Introduction
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

1. Make groups of 10.
2. Play music/drums: "Run around to the music." (Move across entire movement area).
3. Stop music/drums: "Build a circle in your group."
4. Play music/drums: "Dance around the room."
5. Stop music/drums: "Build a triangle in your group."
6. Play music/drums: "Dance around the room."
7. Stop music/drums: "Stand in a line."
8. Play music/drums: "Dance around the room."
9. Stop music/drums: "Build a square in your group."
10. Play music/drums: "Dance around the room."
11. Stop music/drums: "Build a bunch of people."
12. Play music/drums: "Dance around the room."
13. Stop music/drums: "Build a cross in your group."
14. Repeat instructions 3 times.



Freeze number 1, 2 and 3

Main part
Time: ~ 10 min

Accompaniment: Play music.

How to play

Play music and tell your learners to move freely to the music.

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor. This is position number 3."
7. "Repeat your 3 freeze positions."
8. Tell them to switch directly from movement 1 to number 2 and last to number 3.

Creative group activity: Group formation and freeze combinationMain part
Time: ~ 10 min

How to play

1. Split your class into groups of 5.
2. "Create a dance with 3 different formations/shapes (i.e. square, circle and triangle) plus an ending. Use interesting travelling movement to change between formations."
3. After 5 minutes say: "So movement in your shape, movement to travel, movement in your shape, movement to travel, etc." Each movement must flow smoothly from one movement into the next.
4. Give learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance sequence to the class.



Isolation and coordination

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of your choice.
- Drum at a fast walking pace and any rhythm.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio

Introduction
Time: ~ 5 min

How to play

Drum or play any song.

1. "Dance around the room as you and listen to the instruction."
 - "Move like a robot." (x 20 seconds)
 - "Move like a snake." (x 20 seconds)
 - "Move like the wind." (x 20 seconds)
 - "Move like a monster." (x 20 seconds)
 - "Move like horse." (x 20 seconds)
 - "Move like a lightning bolt that crash through the sky." (x 20 seconds)
 - "Be the rain!" (x 20 seconds)
 - Repeat above instructions.

Robotic movements: Make your own dance

Main part
Time: ~ 5 min

How to move

1. "Move like a robot. Jerky movements, moving one body part at a time."
2. "Can you walk backwards like a robot?"
3. "Can you kneel like robot?"
4. "Can you build a wall like a robot?"
5. "Can you walk like a robot into groups of 5 and build one big robot?"

Creative movement activity

Main part
Time: ~ 10 min

How to conduct

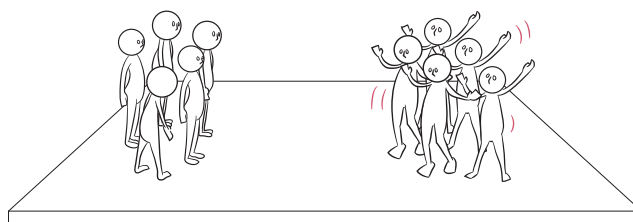
1. Place learners into groups of 5.
2. "Design a robot dance."
3. "Make one big robot with the 5 people in your group."
4. "See if you can make your big robot walk."
5. "Choose another movement for your big robot."
6. "Suddenly, everybody must turn out of being ONE robot, and become 5 robots."
7. "Your last 4 movements must be robot movements that you all do together as individual robots."

Show down

Main part
Time: ~ 10 min

How to play

1. "This is a movement battle (competition)."
2. "Stand in a circle."
3. As teacher, choose the first 2 groups that will compete with each other.
4. Instruct the two groups: "Stand in the middle of the big circle, facing each other."
5. Start the drumming/song.
6. "The one group performs its dance to the other group."
7. "Straight after, the second group must perform its dance (whilst facing the first group)."
8. "The rest of the class decides which group wins. The winning group stays in the circle to compete in the next round."
9. As teacher, make sure each group has a chance to perform in the circle.



Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes and lie down."
2. "Tense up your whole body as much as you can, hold it for 10 seconds, and relax again. Do it 3 times."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts. Open your eyes."



Coordination combination with levels and force

Moving to music: Intermediate phase

Accompaniment

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

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Movement orientation

Main part
Time: ~ 5 min

How to move

1. "Let us go practise some movements before we start."
 - "Step together step touch: move to the right as you step, open-close-open-close."
 - "Step together step touch: move to the left as you step, open-close-open-close."
 - "Do step together step touch – both ways – 4 times."
 - "Criss-cross: jump crossing your legs, jump with your feet open."
 - "Criss-cross with the right foot in front." (x4)
 - "Criss-cross with the left foot in front." (x4)
 - "Criss-cross alternating your feet." (x4: Right, left, right, left)
 - "Gallop to the right." (x4)
 - "Gallop to the left." (x4)
 - "Star jump: jump with your feet open and jump close. Make a star shape with your arms as jump open, relax your arms as you jump close." (x4)
 - "Jump gently and lightly. Land gently on your feet. First with the ball (under your toes) of your foot, then with your heel."
 - "Shuffle: shift your feet forward and back, keeping them on the floor as you move."
 - "Shuffle again, but bounce without lifting your feet off the ground."
 - "Twist your hips, knees and feet in the same direction" Change directions fast."
 - "Twist on the spot."
 - "Twist as you move to the right side of the room."
 - "Twist as you move to the left side of the room."
 - "Running man: step with your one foot on the spot and shoot your other foot to the back. Repeat the same movement on the other foot. If you change feet fast, it should look like you are running."
 - "Kick your feet at a low, medium and high level."



Movement orientation

Continued

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

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Step together, step touch
Step together, step touch
Step together, step touch
Step together, step touch

Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4
Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Do some running on the spot
Running man runs on the spot
Do some running on the spot
Running man runs on the spot

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Twist your body – let's go
1-2-3-4
Let us twist down to the floor
1-2-3-4
Twist back up now – let's go
1-2-3-4
Let's get up and do some more!

Twist to the right, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low
Twist to the left, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low

Low kick to the right
Low kick to the left
Low kick to the right
Low kick to the left

High kick to the right
High kick to the left
High kick to the right
High kick to the left

Side kick to the right
Side kick to the left
Side kick to the right
Side kick to the left

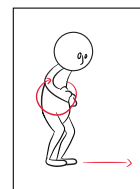
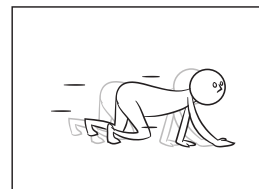
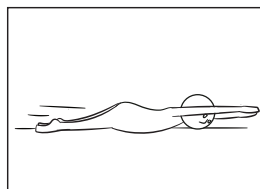
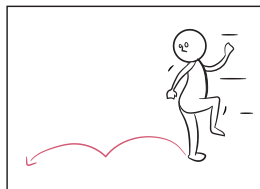
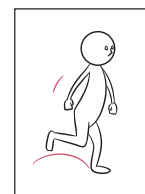
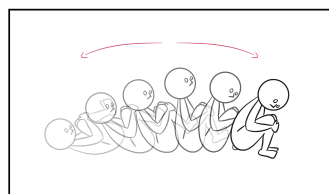
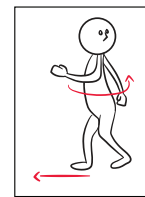
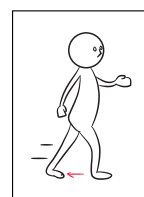
This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Travel movements

Main part
Time: ~ 10 min

How to move

1. "Practise these different travelling movements as you travel everywhere in the movement area."
 - "Slide."
 - "Shuffle."
 - "Travelling turn."
 - "Roll on the floor."
 - "Hop."
 - "Gallop."
 - "Skip backwards."
 - "Slide on the floor."
 - "Crawl on the floor."
 - "Make like a train."



Creative movement activity

Main part
Time: ~ 15 min

How to conduct

1. Place your learners into groups of 5
2. "Design a dance that includes 3 different travelling movements, 2 levels (i.e. high, medium and low), and an ending pose."
3. In total, your dance must have 7 movements.
4. Give learners approximately 15 minutes to practise their dance.
5. "It is show time. Sit where you are in your group."
6. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

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

1. "Close your eyes and sit down."
2. "Imagine:
 - Your body is made out of sand. You are very light.
 - The wind blows and blows away bits and bits of you.
 - You travel with the wind now.
 - Your toes and feet start to blow away.
 - Now, your legs and hips dissolve in the wind.
 - You feel so light and weightless.
 - Now, your chest and arms travel with the wind as well.
3. "Suddenly, the wind blows in the opposite direction.
 - It brings your body parts back to you.
 - The sand pieces make your whole body again.
 - Piece by piece, you transform into a human body. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Directions and movement repertoire

Moving to music: Intermediate phase

Accompaniment

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

Run to the beat

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

Play music/drums. Instruct learners: "Run across the entire movement area." Give one of the following instructions every 30 seconds:

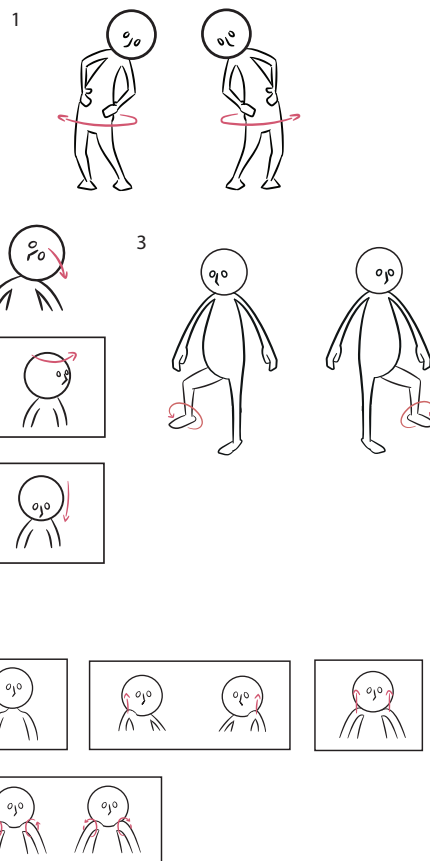
1. "Run backwards."
2. "Run sideways."
3. "Run forward."
4. "Change your run to a skip."
5. "Skip backwards."
6. "Skip sideways."
7. "Skip with a friend."
8. Repeat instructions in a different order.

Mobilisation and isolations

Main part
Time: ~ 10 min

How to move

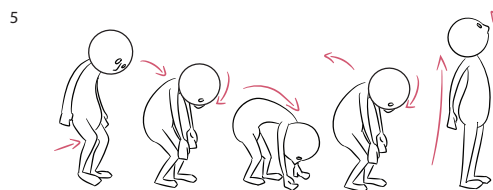
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Neck movements:
 - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
 - 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

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.



Favourite moves circle

Main part
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."

Creative group activity: Favourite moves partner combination

Main part
Time: ~ 10 min

How to play

1. Find a partner
2. "Teach your 3 favourite movements to your partner."
3. "Add your 6 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give learners 10 minutes to practise.

Cool down

Cool down
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



Movement repertoire and isolations

Moving to music: Intermediate phase

Accompaniment

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

Favourite moves dance sequence

Introduction
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

1. Place learners in circles of 5. Play some music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Instruct the learners to copy the first learner's movement and the second learner's movement in a continuous manner.
6. Instruct the third learner in the circle to contribute a movement.
7. Learners must copy movement 1, 2 and 3 in a continuous manner.
8. Instruct the fourth learner in the circle to present a new movement.
9. Learners must do movement 1, 2, 3 and 4 in a continuous manner.
10. Instruct each circle to repeat the above activity in its smaller circle, and remember its 5 movements.

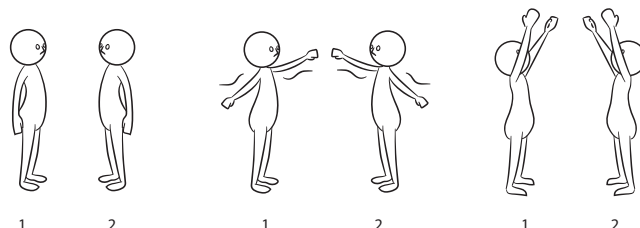
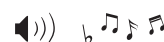
Mirror mirror

Main part
Time: ~ 5 min

How to play

Two partners face each other. One learner is the "the person" and the other "the mirror". Movements must be slow (no fast movements).

1. "Stand facing your partner with a small space between you."
2. "Choose 'the person'."
3. Play slow music/drums: "Person, show slow movements."
4. "Mirror, copy the movements as precisely as you can."
5. After 1 minute: "Swap around! Mirror, now you lead."
6. After 1 minute: "Change leaders again. Now stand still and try to move only your head. Only head movements are allowed."
7. "Only upper body movements are allowed."
8. "Change leaders again."
9. "Use only your lower body part."
10. "Only fluent and slow movements."
11. "Try to move as big as you can. Only big movements are allowed."
12. "Move jerky! Move like a robot!"
13. Last round: "Move any way you want and make sure that your mirror is following you."



Creative group activity: Movement sentence sequenceMain part
Time: ~ 15 min**How to play**

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance. "Put a dance together by using the following words: roll, twist, spin, jump, wiggle, collapse and end. Keep these words in the same order."
3. Give the learners 10 minutes to design their dance.

Cool downCool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Movement vocabulary and contrasting movements

Moving to music: Intermediate phase

Accompaniment

- Use drums or play the Kicking song from the CD.
- Chose 3 songs with different music styles or play the Music style mix from the CD.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio recap

Introduction
Time: ~ 5 min

How to play

Drum or play any song. Read the following instructions:

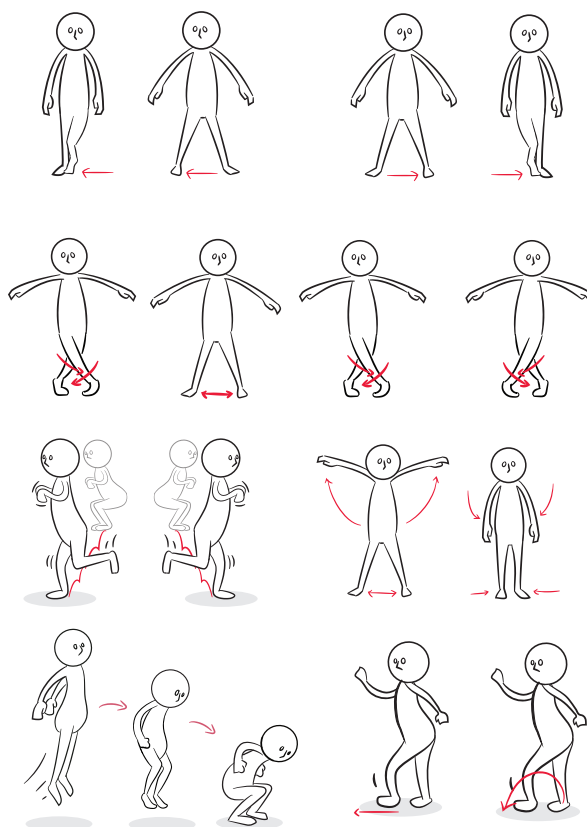
1. "Dance around the room." (x 30 seconds)
2. "Make high movements up in the sky." (x 30 seconds)
3. "Make low movements close to the ground." (x 30 seconds)
4. "Dance, but use only your upper body parts (arms, head, shoulders, chest and elbows)." (x 30 seconds)
5. "Dance, but use only lower body parts (legs, feet, hips, knees)." (x 30 seconds)
6. "Dance with only your elbows." (x 30 seconds)
7. "Dance backwards." (x 30 seconds)
8. Repeat from the beginning

Movement orientation

Introduction
Time: ~ 5 min

How to move

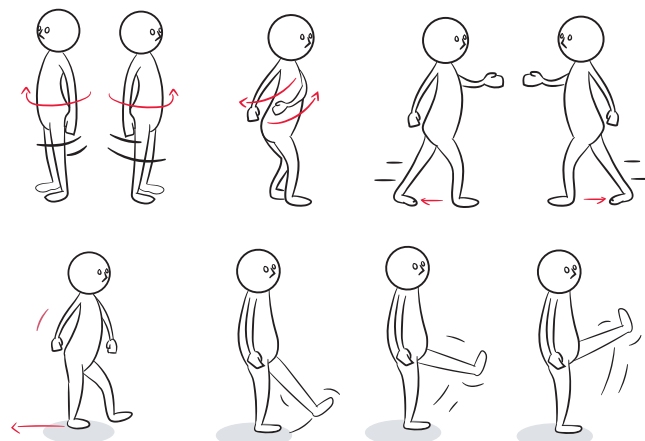
1. "Let us go practise some movements before we start."
 - "Step together step touch: move to the right, as you step open close open close."
 - "Step together step touch: move to the left, as you step open close open close."
 - "Do 'step together step touch' – both ways – 4 times."
 - "Criss-cross: jump crossing your legs; jump feet open."
 - "Criss-cross with the right foot in front." (x4)
 - "Criss-cross with the left foot in front." (x4)
 - "Criss-cross alternating your feet." (x4: Right, left, right, left)"
 - "Gallop to the right." (x4)
 - "Gallop to the left." (x4)
 - "Star jump: jump with your feet open and jump close. Make a star shape with your arms as jump open, relax your arms as you jump close." (x4)
 - "Jump gently and lightly. Land gently through your feet. First with the ball (under your toes) of your foot, then with your heel."
 - "Shuffle: shift your feet forward and back, keeping them on the floor as you move."
 - "Shuffle again, but bounce without lifting your feet off the ground."



Movement orientation

Continued

- “Twist your hips, knees and feet in the same direction” Change directions fast.”
- “Twist on the spot.”
- “Twist as you move to the right side of the room.”
- “Twist as you move to the left side of the room.”
- “Running man: step with your one foot on the spot and shoot your other foot to the back. Repeat the same movement on the other foot. If you change feet fast, it should look like you are running.”
- “Kick you feet at a low, medium and high level.”



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

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Step together, step touch
Step together, step touch
Step together, step touch
Step together, step touch

Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4
Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Do some running on the spot
Running man runs on the spot
Do some running on the spot
Running man runs on the spot

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Twist your body – let's go
1-2-3-4
Let us twist down to the floor
1-2-3-4
Twist back up now – let's go
1-2-3-4
Let's get up and do some more!

Twist to the right, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low
Twist to the left, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low

Low kick to the right
Low kick to the left
Low kick to the right
Low kick to the left

High kick to the right
High kick to the left
High kick to the right
High kick to the left

Side kick to the right
Side kick to the left
Side kick to the right
Side kick to the left

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Opposite mirror

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Face your partner anywhere in the room. Spread out."
3. "You are an opposite mirror."
4. "Choose a leader."
5. "Leader, whenever you put your right hand out, your partner must also put his/her right hand out. Remember, your right hands will be on opposite sides if you are facing each other."
6. "Your partner must do exactly the opposite of what you are doing."
7. "Move only your arms."
8. "Move only your legs."
9. "Use your whole body."
10. "Switch between fast and slow movements."
11. "Change leader."
12. Repeat instructions 6-9.

Creative movement activity

Main part
Time: ~ 10 min

How to perform

1. Place learners into groups of 4.
2. "You must have 2 partners in a group."
3. "Design a dance where you use opposite movements. Include slow and fast movements."
4. After 5 minutes: "Can you add different levels of movement?" (i.e. high vs. low movements)
5. Provide learners with another 5 minutes to practise.
6. It is show time. Sit down where you are.
7. Instruct two groups to perform their dance at the same time. Make sure all the groups have a chance to perform their dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes."
2. As the teacher, read these instructions in a calm voice. Check that everyone is concentrating. "We must roll down our spines."
 - "Drop your chin to your chest."
 - "Relax your shoulders and drop your shoulders towards the ground."
 - "Let your chest and upper body roll forward to make a rounded hunch back"
 - "Bend your knees slightly, over your toes. Relax your head and neck."
 - "Let your arms hang loose beside your body towards the ground."
 - "Move your body all the way towards the floor, so that your finger tips touch the floor. Keep your chin on your chest, and your knees bent over your toes."
 - "Hold it there for at 8 counts."
 - "Let us reverse as we roll back up, slowly."
 - "Start by stretching your knees."
 - "Roll your body up slowly, one vertebrae at a time."
 - "Keep your head relaxed, with your chin on your chest."
 - "Roll your body up until you stand up straight with your shoulders relaxed."
 - "The last thing to come up must be your head."
 - "Roll down and up, 4 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



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 two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song.

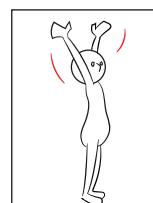
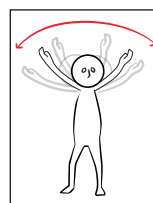
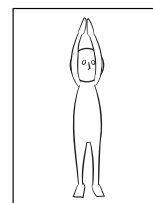
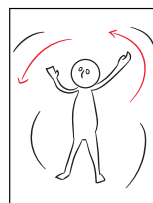
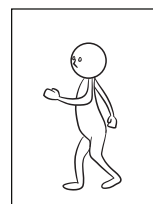
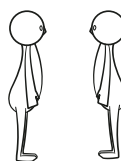
- "Dance around the room as you:
- "Move like a robot." (x 20 seconds)
- "Move like a snake." (x 20 seconds)
- "Move like the wind." (x 20 seconds)
- "Move like a monster." (x 20 seconds)
- "Move like horse." (x 20 seconds)
- "Move like a lightning bolt that crash through the sky." (x 20 seconds)
- "Be the rain." (x 20 seconds)
- Repeat above instructions.

Following movements

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Face your partner."
3. "Choose a leader and a mirror."
4. "Leader must follow the instructions, mirror copy the movements."
5. "Listen carefully to the instructions."
 - "Slow movements."
 - "Fast movements."
 - "Big slow movements."
 - "Be a lightning bolt."
 - "Low movements."
 - "Be the wind."
 - "High movements."
 - "Be the rain."
6. "Change leaders. New leaders, do different movements."
7. Repeat instruction 5.



Creative movement activity

Main part
Time: ~ 15 min

How to play

1. Place learners into groups of 5.
2. "Today you are going to design a dance about a storm. First the wind begins to blow, then it rains softly and then loudly, and then the lightning bolts crash down to ground and across the sky as the thunder sounds loudly through the universe. How will you dance that?"
3. "Design a dance that represents a storm."
4. "Choose at least 6 different movements. Combine these together to flow from the one movement into the next."
5. Provide learners with 10-15 minutes to practice.
6. "It is show time. Sit where you are."
7. Instruct each group to show its dance to the class.

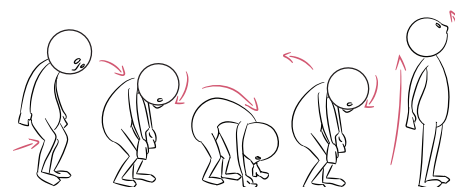
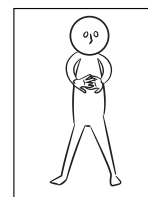
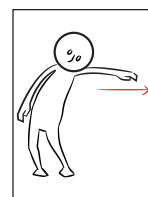
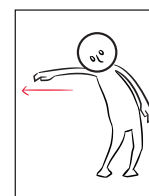
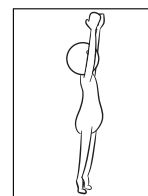
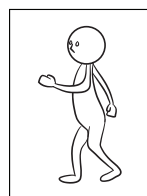
Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a calm voice:

1. "Stand in a circle and do everything in a slow, flowing movement."
 - "Make any slow movements."
 - "Stretch up tall to the sky and relax."
 - "Reach with your one arm to the side and relax."
 - "Reach with your other arm to the side and relax."
 - "Reach with both arms forward into the circle and relax."
 - "Roll down your spine (vertebrae by vertebrae – bend your knees)."
 - "Roll up your spine (vertebrae by vertebrae – bend your knees)."
 - "Relax everything."
 - "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.

Name game

Introduction
Time: ~ 5 min

How to play

Orientation: "Clap your hands and say your name and surname in time to the beat. How many beats does your name and surname have?"

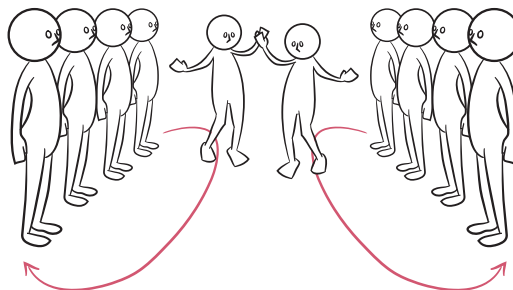
1. Make a circle.
2. Learners must walk on the spot to keep the beat (i.e. r – l – r – l).
3. Choose the starting learner. "Say your name and surname in time to the beat. Let the class repeat the name and surname while clapping.
4. Add 4. Let everyone say the persons name and surname while clapping.

Soul train

Main part
Time: ~ 5 min

How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



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 once on every second foot (for example the left foot).
3. Once learners are comfortable with the rhythm, start the game:
4. "Everybody stomp your feet. One learner claps his/her hands once and passes the rhythm on to the next learner 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. Stand in a circle.
2. Create a short rhythm pattern using body percussion (i.e. clapping, snapping fingers, slapping thighs, stamping feet, clucking, whistling, etc.).
3. Everyone must repeat the same rhythm pattern. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
4. Appoint the next learner to create a different rhythm pattern.
5. Give 10 learners a chance to share their rhythm patterns.

Creative group activity: Body percussion sequence

Main part
Time: ~ 10 min

How to play

1. Make groups of 5.
2. Instruct learners to make different sounds and rhythms by using the body (i.e. clapping, clicking, stomping, slapping the chest, etc.).
3. Instruct learners to choose 5 different body percussion 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.



Movement variations and levels

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 to the beat. Give one of the following movement instructions every 30 seconds:

1. "Run around the movement area."
2. "Walk through the mud."
3. "Run on ice."
4. "Walk through a thick forest."
5. "Rush to the bus."
6. "Walk through water."
7. "Run over hot sand."
8. "Walk barefoot on stones."
9. "Dance in slow motion."
10. "Clean your house in fast motion."

Freeze 'n copy

Main part
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

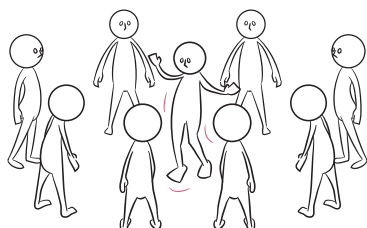
1. Play music/drums: "Move freely to the music." Ensure learners are using the whole movement area to move.
2. Stop music/drums: "Freeze! Do not move!"
3. Repeat the above 5 times.
4. Play music/drums: "Move!"
5. Stop music/drums: "Pose!" (A big creative freeze position, "use your arms!").
6. As teacher, choose your favourite pose and instruct your learners: "Copy (e.g Vuyo's) position as fast as you can."
7. Play music/drums: "Dance!"
8. Stop the music: "Pose!"
9. "Copy (e.g. Siphe's) position."
10. Repeat the above 10 times.

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.



Group puzzle dance

Main part
Time: ~ 15 min

How to play

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. In total, your dance will have 5 movements. One from each learner in your group."
3. "Design an ending position in three levels."
4. After 5 minutes, say: "Also add a change of formation into your dance."
5. Give learners 15 minutes to design their own dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Force and creativity

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of choice.
- Drum at any beat and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio game

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song.

1. "Dance around the room as you:
 - "Move like a monster." (x 20 seconds)
 - "Move like a snake." (x 20 seconds)
 - "Move like the wind." (x 20 seconds)
 - "Move like fire." (x 20 seconds)
 - "Move in a circle."
 - "Move like elephant." (x 20 seconds)
 - "Move like a lightning bolt that crash through the sky." (x 20 seconds)
 - "Be the rain!" (x 20 seconds)
 - "Draw a circle in the sky."
2. Repeat above instructions.

Atom game

Introduction
Time: ~ 5 min

How to play

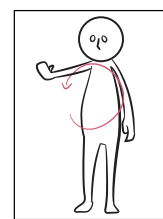
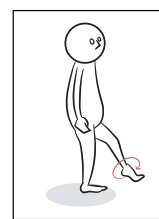
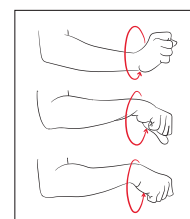
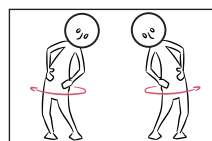
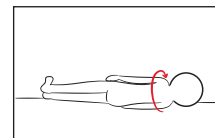
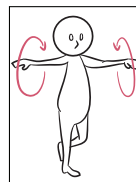
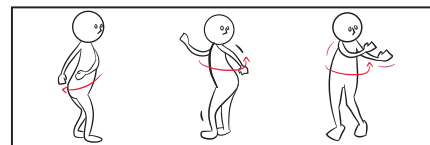
1. Let someone drum at any beat and stop whenever he/she likes.
2. "When the music stops, get into groups and follow the instructions." (The body parts mentioned in the commands mean that those have to be touching the ground).
3. Instructions for each time the music stops:
 - "Groups of 3: freeze! Only one hand and two feet touching the ground."
 - "Groups of 4: let only three feet, two hands and one knee touch the ground."
 - "Groups of 3: 1 shoulder, 3 feet, and 2 hands need to touch the ground. Hold the position."
 - "Groups of 4: 1 bottom, 2 feet, 2 hands need to be on the ground."
 - "Groups of 2: 1 hand and 1 foot. Hold the position."
 - "Groups of 4: 2 hands and 4 feet. Try moving around like this."
 - "Groups of 3: 4 hands and 2 feet. Try moving around like this."

The elements rotate

Main part
Time: ~ 10 min

How to play

1. "Can you think of different ways to rotate/circle your body?"
 - "Turn!"
 - "Find three different ways to turn."
 - "Circle your arms."
 - "Roll to the side."
 - "Circle your hips."
 - "Twist your wrist."
 - "Circle your ankles."
 - "Circle your arms in front of your stomach."
2. "Let us think about the different elements."
 - Earth.
 - Fire.
 - Water.
 - Wind.
3. "How would you move to each Element?"
 - "Fire moves fast and with a lot of force."
 - "Wind can be soft and gentle or strong a stormy."



Creative movement activity

Main part
Time: ~ 10 min

How to play

1. "Get into groups of 5."
2. "Choose 1 element as a theme (i.e. fire)."
3. "Design a dance about your element. Use at least 3 rotations in different forms (i.e. turn, roll, circle arms). Also use different levels of movement. You need a total of 8 different movements." (i.e. high, medium and low)
4. Give the learners 10-15 minutes to practise their sequence.
5. "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

1. "Close your eyes and lie down."
2. "Tense up your whole body as much as you can, hold it for 10 seconds, and relax again. Do it 3 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Levels of movement

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of choice.
- Drum at different speeds and rhythms.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Follow the leader

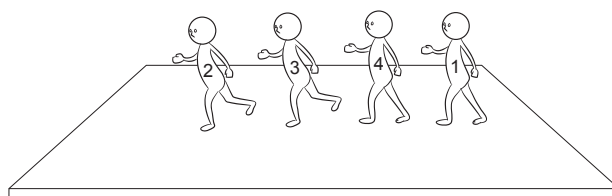
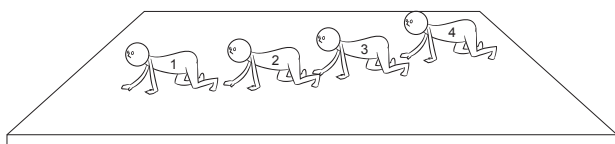
Introduction
Time: ~ 5 min

Accompaniment: Use drums.

How to play

Use drums. Change the speed of the beat often.

1. "Make groups of four."
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

Introduction
Time: ~ 5 min

Accompaniment: Drum or play any song.

How to play

Drum or play any song. Stop and start the beat often.

1. "Dance around the room, when the beat stops, get into a group, and pose using different levels. i.e. do high, medium or low level movements. Hold every position until the music starts again."
2. Each time the music stops, read a different instruction.
 - "Groups of 3: 3 levels."
 - "Groups of 4: 4 levels."
 - "Groups of 5: 5 levels."
 - "Groups of 6: 3 levels."
 - "Groups of 2: 1 level."
 - "Groups of 4: 3 levels."

Creative movement activity

Main part
Time: ~ 10 min

How to play

1. Place learners in groups of 5
2. "Design a dance that includes 3 different levels, 2 rotations and 2 jumps."
3. Give them at least 15 minutes to practise their dance.

Show down

Main part
Time: ~ 10 min

How to play

1. "This is a movement battle (competition)."
2. "Stand in a circle."
3. As teacher, choose the first 2 groups that will compete with each other.
4. Instruct the two groups: "Stand in the middle of the big circle, facing each other."
5. Start the drumming/song.
6. "The one group performs its dance to the other group."
7. "Straight after, the second group must perform its dance (whilst facing the first group)."
8. "The rest of the class decides which group wins. The winning group stays in the circle to compete in the next round."
9. As teacher, make sure each group has a chance to perform in the circle."

Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a very calm voice:

1. "Close your eyes and sit down."
2. "Imagine:
 - Your body heats up.
 - Feet, legs, upper body, arms, hands become very hot.
 - After a while, someone pours cool water overhead.
 - This regulates your temperature from your head, to your shoulders, to your stomach down to your hips, legs, and feet. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



Isolations and movement repertoire

Moving to music: Intermediate phase

Accompaniment

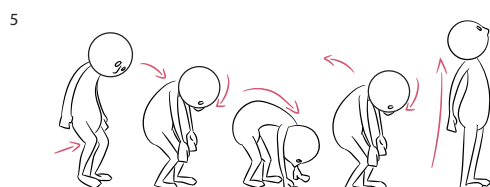
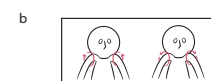
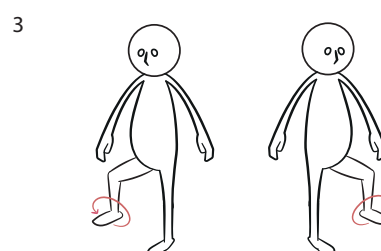
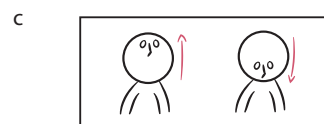
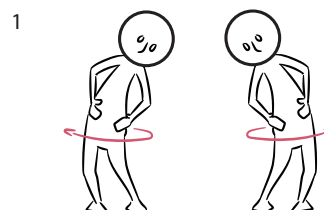
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

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.



Favourite moves circle

Main part
Time: ~ 10 min

How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."

Creative group activity: Favourite moves partner combination

Main part
Time: ~ 5 min

How to perform

1. "Find a partner."
2. Teach your 2 favourite movements to your partner."
3. "Add your 4 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give them 5 minutes to prepare.

Creative group activity: Follow-up

Main part
Time: ~ 10 min

How to perform

1. Instruct the same pairs from the above activity: "Join with another group. Now, you have four people."
2. "Teach your 4 movement dance to the rest of your group."
3. "Give the other partners a turn to teach their four movements to you." Both pairs need to learn and practice the other partner combination.
4. "Combine your movements together to make a dance that contains at least 8 different movements."
5. Give them 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Musicality and directions

Moving to music: Intermediate phase

Accompaniment

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

Move to the beat

Introduction
Time: ~ 5 min

Accompaniment: Play music/drums.

How to play

Play music/drums. Instruct learners: "Run around the whole movement area." Give one of the following instructions every 30 seconds:

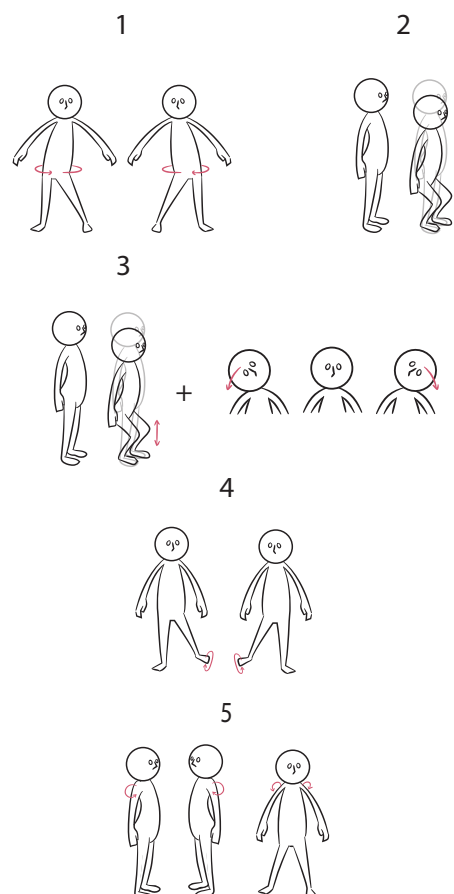
1. "Run backwards!"
2. "Run sideways!"
3. "Switch between running forwards, backwards and sideways."
4. "Change the speed of your running every 10 counts. (Run fast and slow)."
5. "Walk and breathe."
6. "Dance and add a freeze every 5 counts."
7. "Run, stop and continue with long steps."
8. "Fall and roll on the floor between your movements."
9. "Walk and breathe."
10. "Combine all the actions: backwards/forwards/sideways, speed change, falling, stop and go."

Mobilisation and isolations

Introduction
Time: ~ 5 min

How to play

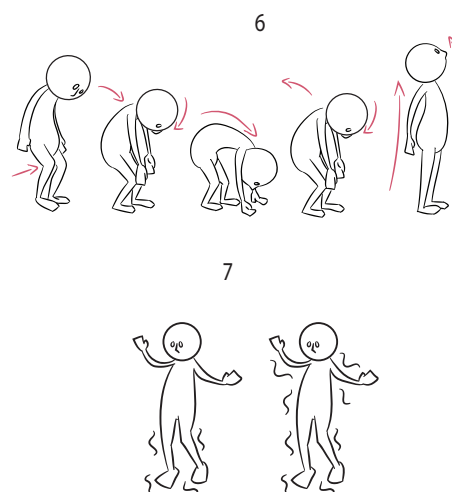
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
 - a. Stand with your feet apart.
 - b. Gently bend your knees behind your toes.
 - c. Gently stretch your knees.
 - d. Keep posture tall as you do the knee bounces.
 - e. Repeat knee bounces 8 times.
3. Neck movements:
 - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
 - b. Bounce your knees as you:
 - i. Look straight ahead for 4 counts.
 - ii. Drop your right ear to your right shoulder for 4 counts.
 - iii. Look straight ahead for 4 counts.
 - iv. Drop your left ear to your left shoulder for 4 counts.
4. 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.
5. Shoulders:
 - a. Roll your right shoulders backwards 4 times.
 - b. Roll your left shoulder backwards 4 times.
 - c. Roll both shoulders simultaneously 4 times.
 - d. Repeat a-c with forward shoulder rolls.



Mobilisation and isolations

Continued

6. Roll down:
 - a. Stand with your legs slightly apart with the above posture.
 - b. Relax and bend your knees. Knees must bend behind your toes.
 - c. Lengthen your spine even if your knees are slightly bent.
 - i. Slowly drop your chin to your chest.
 - ii. Hang your arms and your body forward.
 - iii. Bend your knees slightly. Keep your head tucked in.
 - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - d. Slowly reverse and roll back up again.
 - i. Bend your knees.
 - ii. Keep your head tucked in.
 - iii. Last thing to come up is your head.
 - iv. Lengthen your spine to the ceiling, shoulders down.
 - e. Repeat the rolling down and up 8 times.
7. Stand up
 - a. Shake out your feet, knees and legs.
 - b. Shake your body and arms.



Freeze number 1, 2 and 3

Main part
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

Play music/drums and tell your learners to move freely to the music.

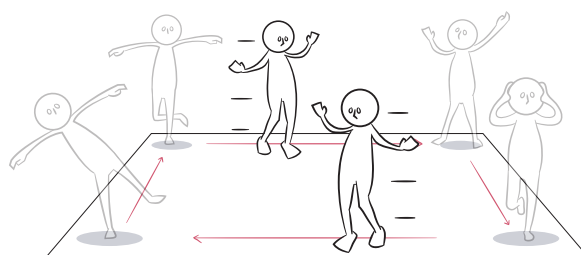
1. Stop music/drums: "Freeze! This freeze position is your position one. Remember your position 1."
2. Play music/drums: "Move!"
3. Stop music/drums: "Position 1!"
4. Play music/drums: "Move!"
5. Stop music/drums: "Freeze in a different position. This is your position 2. Remember position 2!"
6. Play music/drums: "Move on the floor."
7. Stop music/drums: "Freeze on the floor. This is position number 3."
8. "Repeat your 3 freeze positions."
9. Tell them to switch directly from movement 1 to number 2 and last to number 3.

Partner freeze combination in a square

Main part
Time: ~ 10 min

How to play

1. Make groups of two.
2. Tell your learners to choose 4 freezes.
3. "Imagine a square. Every freeze must happen in a corner of your square. Use travelling movements to move from corner to corner. So, pose, travel, pose, travel, pose, travel and pose."
4. After 5 minutes, say: "Make sure that each movement flows smoothly from one movement into the next. Give learners 10 minutes to practise."



Cool down

Cool down
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



Coordination and freeze

Moving to music: Intermediate phase

Accompaniment

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

Intro ritual

Introduction
Time: ~ 5 min

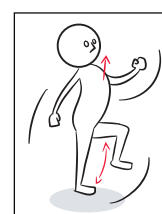
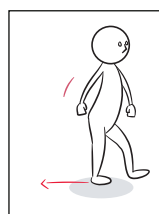
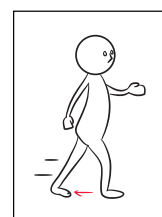
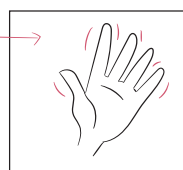
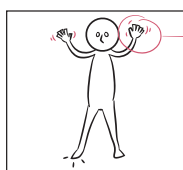
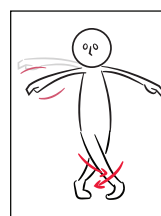
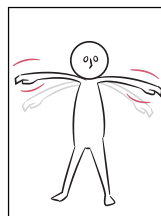
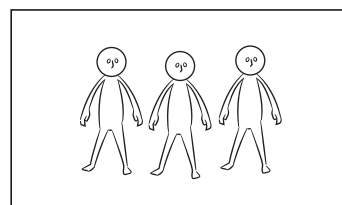
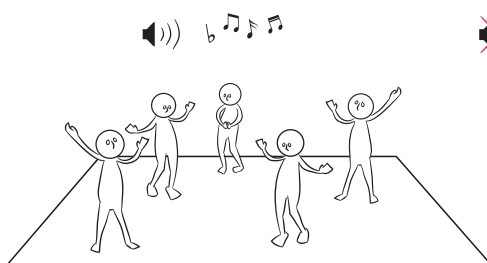
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Stop and go

Introduction
Time: ~ 5 min

How to move

1. Play a running pace song or drum at a running pace.
2. "Every time the music stops, you must get into groups of 3 and do an ending position."
3. Give the following instructions for when the music plays.
 - "Move two body parts as fast as you can at the same time." (stop)
 - "Shake your arm while criss-crossing." (stop)
 - "Move only your fingers while tapping your feet." (stop)
 - "Leap through the air." (stop)
 - "Circle hands while circling your hips." (stop)
 - "Running man." (stop)
 - "Move your chest up and down while stamping." (stop)
 - "Gallop sideways around the room." (stop)
 - "Step to the side while making a big circle with one arm." (stop)
 - Repeat above instructions.



Main part
Time: ~ 15 min

1. "Make groups of 5."
2. "In your group, choose an historical setting for your group to imitate."
 - "Cowboys"
 - "Knights"
 - "Warriors"
 - "Pirates"
 - "Ninjas"
3. Think of these historical characters: what do they look like? How would they do each movement? Think of all different details about them. Discuss this in your group."
4. "Practise the following movements in your character:"
 - "Slide"
 - "Turn"
 - "Hop"
 - "Duck"
 - "Crawl"
 - "Jump"
 - "Roll"
 - "Gallop"
 - "Squat"
5. "In your group, create the historical scene for your chosen character. i.e. cowboys = hop onto horse, gallop around the area, swing your lasso, squat to examine tracks, crawl to hide behind the nearest bush and slide to kick a revolver away."
6. Give learners 10 minutes to design their scene.
7. It is show time. Sit where you are in your group.
8. Instruct each group to show its scene to the class

Main part
Time: ~ 10 min

1. Imagine you are in a museum and see all these statues of historical people. i.e. "Freeze in a pirate position, holding up a sword and covering one of your eyes."
2. "In your group, see how many historical freeze forms you can think of."

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 us see if you can freeze
Stop and stay, no moving, please!

Chorus

Verse 1:

Let's be cowherds on a farm
Lasso, lasso with your arm
Let's be cowherds on a farm
FREEZE!

Chorus

Verse 2:

Let's be warriors holding shields
Fighting battles in the fields
Let's be warriors holding shields
FREEZE!

Chorus

Verse 3:

Let's be catchers in the woods
Bows and arrows, find some food
Let's be catchers in the woods
FREEZE!

Chorus

Verse 4:

Let's be soldiers, marching along
Left, right, left, right, tall and strong
Let's be soldiers, marching along
FREEZE!

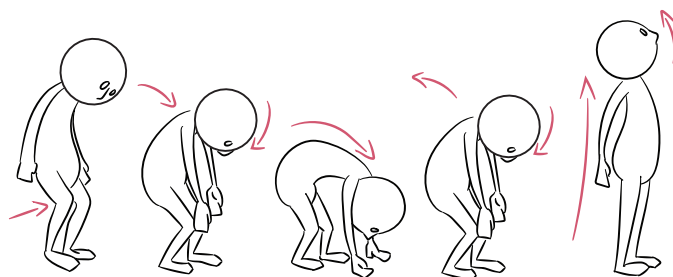
Chorus

Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes."
2. As teacher read these instructions in a calm voice. Check that everyone is concentrating.
 - "We must roll down our spines."
 - "Drop your chin to your chest."
 - "Relax your shoulders and drop your shoulders towards the ground."
 - "Let your chest and upper body roll forward to make a rounded, hunch back."
 - "Bend your knees behind your toes. Relax your head and neck."
 - "Let your arms hang loose beside your body towards the ground."
 - "Move your body all the way towards the floor, so that your finger tips touch the floor. Keep your chin on your chest, and your knees bent over your toes."
 - "Hold it there for at 8 counts."
 - "Let us reverse as we roll back up, slowly."
 - "Start by stretching your knees."
 - "Roll your body up slowly, one vertebrae at a time."
 - "Keep your head relaxed, with your chin on your chest."
 - "Roll your body up until you stand up straight with your shoulders relaxed."
 - "The last thing to come up must be your head."
 - "Roll down and up, 4 times. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."





Coordination

Moving to music: Intermediate phase

Accompaniment

- Use drums or play Twist song.
- Drum at any speed and rhythm you like.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

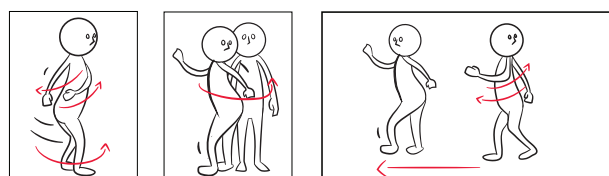
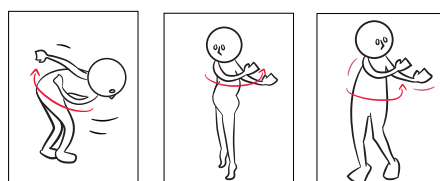
Twist song

Introduction
Time: ~ 5 min

Accompaniment: Play Twist song or drum to a fast walking pace.

How to play

1. Play Twist song or drum to a fast walking pace.
2. "Twist to the song/drums on the spot."
3. As the teacher, shout out a direction of movement.
 - "Twist backwards."
 - "Twist to the right side"
 - "Twist to the front."
 - "Twist to the ground."
 - "Twist on your toes."
 - "Twist to the left side."
 - "Twist while turning."
 - "Twist around a person."
 - "Try following a person while twisting."
4. Let a learner shout out instructions of directions and tasks.
5. Keep the learner twisting for a whole song or 7 min of drumming.



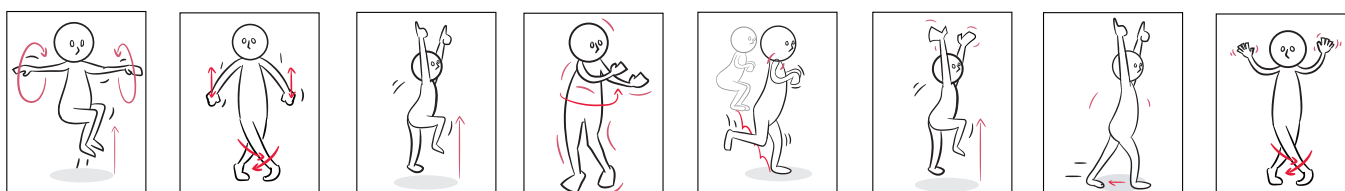
Orientation

Main part
Time: ~ 5 min

How to play

"Let us practise to do two movements at the same time:"

- "Circle your arms as you jump." (x 20 seconds)
- "Punch your arms as you criss-cross." (x 20 seconds)
- "Point your arms in the air as you skip." (x 20 seconds)
- "Wiggle your body as you turn." (x 20 seconds)
- "Shake your shoulders as you gallop." (x 20 seconds)
- "Wave your hands above your head as you skip!" (x 20 seconds)
- "Point your arms as you do the running man." (x 20 seconds)
- "Shaking your hands while criss-crossing." (x 20 seconds)



Coordination memory

Main part
Time: ~ 10 min

How to play

1. "Find a partner."
2. "Person 1, design a 4-count arm sequence."
3. "Person 2, design a 4-count lower body part sequence."
4. Provide learners with 2 minutes to work by themselves.
5. "With your partner, see if you can add the arm movements to the lower body movements. See if you do these movements at the same time."
6. "Practise your 4 count dance a few times."
7. After 5 minutes: "Join another group."
8. "Teach them your sequence. Put the two dances together."
9. Practise in your group.
10. "It is show time. Sit where you are."
11. Instruct each group to show its dance to the class.

Freestyle circle

Main part
Time: ~ 10 min

How to play

Drum a fast speed and rhythm, or play any song.

1. "Make two circles."
2. "Dance to the music in the circle."
3. Instruct learners: "Take turns to jump into the middle of a circle and do your own movement that consists of upper and lower body movements."
4. "Learners in the circle must copy the movement."

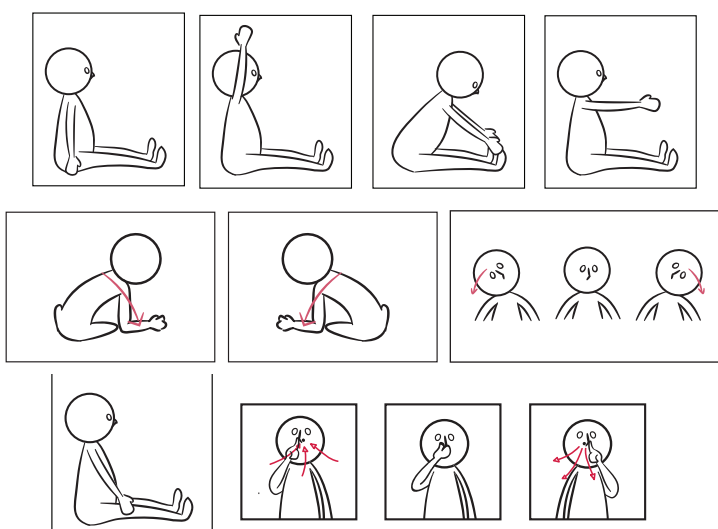
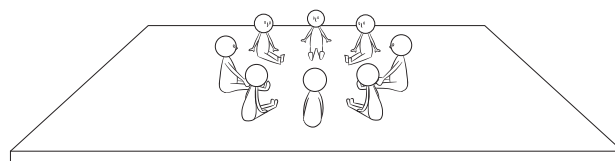
Outro

Cool down
Time: ~ 5 min

How to stretch

As teacher read these instructions in a clam voice:

1. "Sit in a circle and do everything in a slow flowing movement."
 - "Make your back straight."
 - "Stretch your arms up to the sky."
 - "Make your back straight."
 - "Touch your toes."
 - "Stretch your arms in front of you."
 - "Place your elbow on the floor next to your body and lean."
 - "Lean to the other side, elbow down."
 - "Sit upright again and keeping a straight back."
 - "Rest your right ear towards your right shoulder."
 - "Rest your left ear to your left shoulder."
 - "Relax everything."
 - "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."
 - Stand up and make an upright posture. Your shoulders, hips and heels should be in one line when looking from the side.





Body percussion

Moving to music: Intermediate phase

Accompaniment

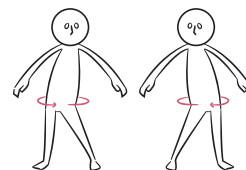
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

Mobilisation and isolations

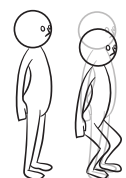
Introduction
Time: ~ 5 min

How to move

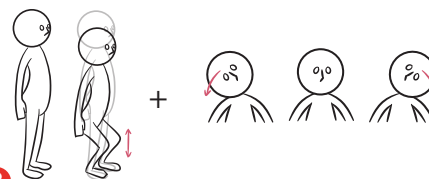
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
 - a. Stand with your feet apart.
 - b. Gently bend your knees behind your toes.
 - c. Gently stretch your knees.
 - d. Keep posture tall as you do the knee bounces.
 - e. Repeat knee bounces 8 times.
3. Neck movements:
 - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
 - b. Bounce your knees as you:
 - i. Look straight ahead for 4 counts.
 - ii. Drop your right ear to your right shoulder for 4 counts.
 - iii. Look straight ahead for 4 counts.
 - iv. Drop your left ear to your left shoulder for 4 counts.
4. 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.
5. Shoulders:
 - a. Roll your right shoulders backwards 4 times.
 - b. Roll your left shoulder backwards 4 times.
 - c. Roll both shoulders simultaneously 4 times.
 - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
 - a. Stand with your legs slightly apart with the above posture.
 - b. Relax and bend your knees. Knees must bend over your toes.
 - c. Lengthen your spine even if your knees are slightly bent.
 - i. Slowly drop your chin to your chest.
 - ii. Hang your arms and your body forward.
 - iii. Bend your knees slightly. Keep your head tucked in.
 - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
 - d. Slowly reverse and roll back up again.
 - i. Bend your knees.
 - ii. Keep your head tucked in.
 - iii. Last thing to come up is your head.
 - iv. Lengthen your spine to the ceiling, shoulders down.
 - e. Repeat the rolling down and up 8 times.
7. Stand up
 - a. Shake out your feet, knees and legs.
 - b. Shake your body and arms.



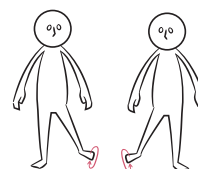
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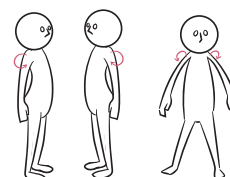
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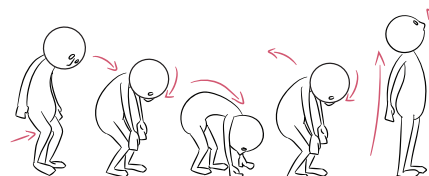
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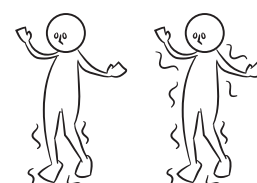
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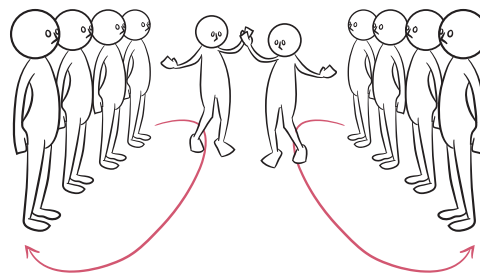
7

Soul train

Introduction
Time: ~ 5 min

How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



Body percussion circle

Main part
Time: ~ 10 min

How to play

1. Stand in a circle.
2. Create a short rhythm pattern using body percussion (i.e. clapping, snapping fingers, slapping thighs, stamping feet, clucking, whistling, etc.).
3. Everyone must repeat the same rhythm. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
4. Appoint the next learner to create a different rhythm pattern.
5. Give 10 learners a chance to share their rhythm patterns.

Creative group activity

Main part
Time: ~ 10 min

How to perform

1. Divide your class into groups of 5.
2. Tell your learners to create a dance sequence with the action verbs clap, twist and jump.
3. "Choose 2 different ways to clap, 2 different ways to twist, and 2 different ways to jump. Combine them together to a dance. So, clap, twist, jump, clap, twist, jump, and end."
4. After 5 minutes say: "Add a change of formation to your dance."
5. Give learners 10 minutes to design their own dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.



Formations and freezes

Moving to music: Intermediate phase

Accompaniment

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

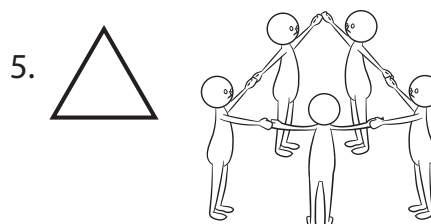
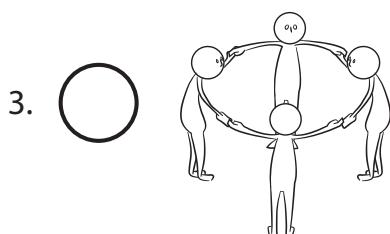
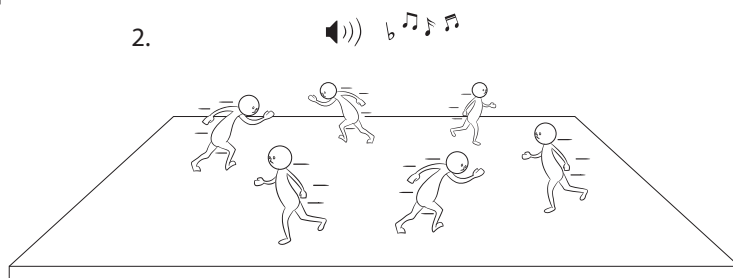
Group formations

Introduction
Time: ~ 10 min

Accompaniment: Play music/drums.

How to play

1. Make groups of 10.
2. Play music/drums: "Run around to the music." (Move across entire movement area).
3. Stop music/drums: "Build a circle in your group."
4. Play music/drums: "Dance around the room."
5. Stop music/drums: "Build a triangle in your group."
6. Play music/drums: "Dance around the room."
7. Stop music/drums: "Stand in a line."
8. Play music/drums: "Dance around the room."
9. Stop music/drums: "Build a square in your group."
10. Play music/drums: "Dance around the room."
11. Stop music/drums: "Build a bunch of people."
12. Play music/drums: "Dance around the room."
13. Stop music/drums: "Build a cross in your group."
14. Repeat instructions 3 times.



Freeze number 1, 2 and 3

Main part
Time: ~ 10 min

Accompaniment: Play music.

How to play

Play music and tell your learners to move freely to the music.

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor. This is position number 3."
7. "Repeat your 3 freeze positions."
8. Tell them to switch directly from movement 1 to number 2 and last to number 3.

Creative group activity: Group formation and freeze combinationMain part
Time: ~ 10 min

How to play

1. Split your class into groups of 5.
2. "Create a dance with 3 different formations/shapes (i.e. square, circle and triangle) plus an ending. Use interesting travelling movement to change between formations."
3. After 5 minutes say: "So movement in your shape, movement to travel, movement in your shape, movement to travel, etc." Each movement must flow smoothly from one movement into the next.
4. Give learners 10 minutes to practice.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance sequence to the class.



Isolation and coordination

Moving to music: Intermediate phase

Accompaniment

- Use drums or play any song of your choice.
- Drum at a fast walking pace and any rhythm.

Intro ritual

Introduction
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Cardio

Introduction
Time: ~ 5 min

How to play

Drum or play any song.

1. "Dance around the room as you and listen to the instruction."
 - "Move like a robot." (x 20 seconds)
 - "Move like a snake." (x 20 seconds)
 - "Move like the wind." (x 20 seconds)
 - "Move like a monster." (x 20 seconds)
 - "Move like horse." (x 20 seconds)
 - "Move like a lightning bolt that crash through the sky." (x 20 seconds)
 - "Be the rain!" (x 20 seconds)
 - Repeat above instructions.

Robotic movements: Make your own dance

Main part
Time: ~ 5 min

How to move

1. "Move like a robot. Jerky movements, moving one body part at a time."
2. "Can you walk backwards like a robot?"
3. "Can you kneel like robot?"
4. "Can you build a wall like a robot?"
5. "Can you walk like a robot into groups of 5 and build one big robot?"

Creative movement activity

Main part
Time: ~ 10 min

How to conduct

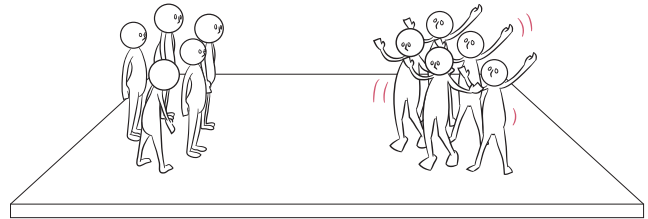
1. Place learners into groups of 5.
2. "Design a robot dance."
3. "Make one big robot with the 5 people in your group."
4. "See if you can make your big robot walk."
5. "Choose another movement for your big robot."
6. "Suddenly, everybody must turn out of being ONE robot, and become 5 robots."
7. "Your last 4 movements must be robot movements that you all do together as individual robots."

Show down

Main part
Time: ~ 10 min

How to play

1. "This is a movement battle (competition)."
2. "Stand in a circle."
3. As teacher, choose the first 2 groups that will compete with each other.
4. Instruct the two groups: "Stand in the middle of the big circle, facing each other."
5. Start the drumming/song.
6. "The one group performs its dance to the other group."
7. "Straight after, the second group must perform its dance (whilst facing the first group)."
8. "The rest of the class decides which group wins. The winning group stays in the circle to compete in the next round."
9. As teacher, make sure each group has a chance to perform in the circle.



Outro

Cool down
Time: ~ 5 min

How to stretch

1. "Close your eyes and lie down."
2. "Tense up your whole body as much as you can, hold it for 10 seconds, and relax again. Do it 3 times."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts. Open your eyes."



Coordination combination with levels and force

Moving to music: Intermediate phase

Accompaniment

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

Intro ritual

Introduction
Time: ~ 5 min

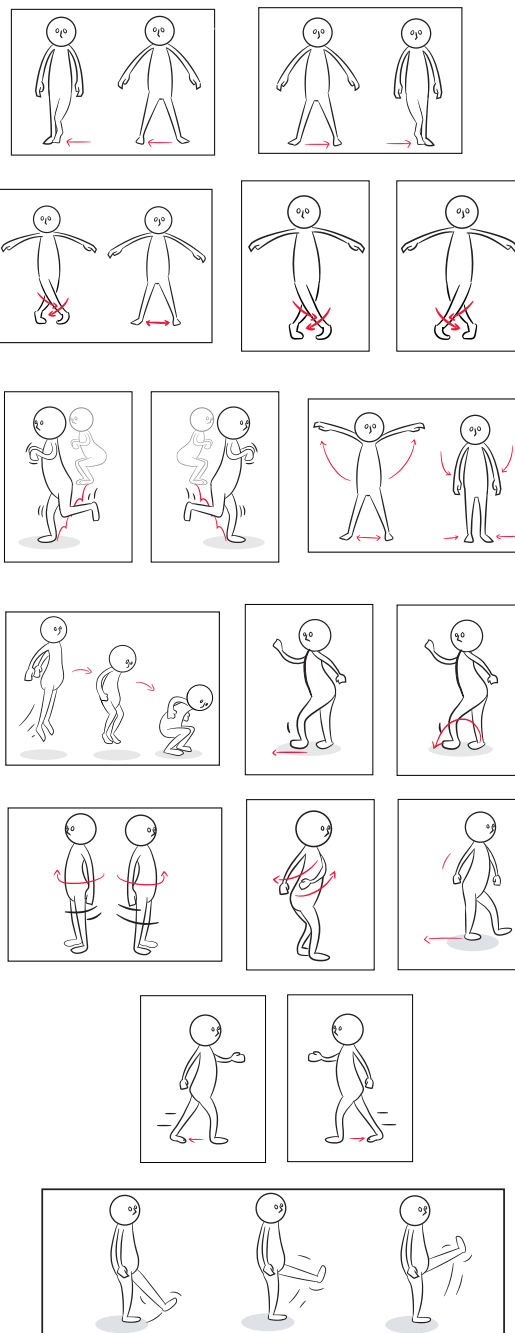
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

Movement orientation

Main part
Time: ~ 5 min

How to move

1. "Let us go practise some movements before we start."
 - "Step together step touch: move to the right as you step, open-close-open-close."
 - "Step together step touch: move to the left as you step, open-close-open-close."
 - "Do step together step touch – both ways – 4 times."
 - "Criss-cross: jump crossing your legs, jump with your feet open."
 - "Criss-cross with the right foot in front." (x4)
 - "Criss-cross with the left foot in front." (x4)
 - "Criss-cross alternating your feet." (x4: Right, left, right, left)
 - "Gallop to the right." (x4)
 - "Gallop to the left." (x4)
 - "Star jump: jump with your feet open and jump close. Make a star shape with your arms as jump open, relax your arms as you jump close." (x4)
 - "Jump gently and lightly. Land gently on your feet. First with the ball (under your toes) of your foot, then with your heel."
 - "Shuffle: shift your feet forward and back, keeping them on the floor as you move."
 - "Shuffle again, but bounce without lifting your feet off the ground."
 - "Twist your hips, knees and feet in the same direction" Change directions fast."
 - "Twist on the spot."
 - "Twist as you move to the right side of the room."
 - "Twist as you move to the left side of the room."
 - "Running man: step with your one foot on the spot and shoot your other foot to the back. Repeat the same movement on the other foot. If you change feet fast, it should look like you are running."
 - "Kick your feet at a low, medium and high level."



Movement orientation

Continued

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

This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Step together, step touch
Step together, step touch
Step together, step touch
Step together, step touch

Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4
Jump, feet open 1-2-3-4
Now let's close them 1-2-3-4

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Criss cross with your feet
Criss...and cross
Criss cross with your feet
Criss...and cross

Do some running on the spot
Running man runs on the spot
Do some running on the spot
Running man runs on the spot

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Star jump, star jump
To the sky
Star jump, star jump
Reach up high!

Twist your body – let's go
1-2-3-4
Let us twist down to the floor
1-2-3-4
Twist back up now – let's go
1-2-3-4
Let's get up and do some more!

Twist to the right, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low
Twist to the left, get down low
Down, down, down low
Twist as low as you can go
Down, down, down low

Low kick to the right
Low kick to the left
Low kick to the right
Low kick to the left

High kick to the right
High kick to the left
High kick to the right
High kick to the left

Side kick to the right
Side kick to the left
Side kick to the right
Side kick to the left

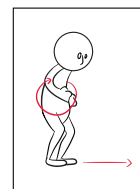
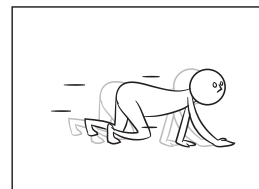
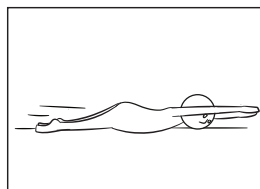
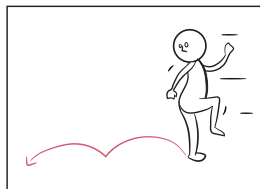
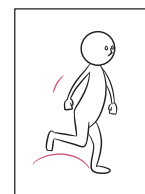
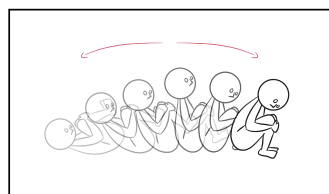
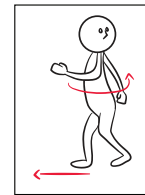
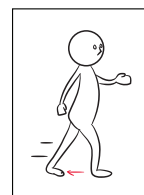
This is called the ...kick song
Everybody – come on!
This is called the ...kick song
Everybody – come on!

Travel movements

Main part
Time: ~ 10 min

How to move

1. "Practise these different travelling movements as you travel everywhere in the movement area."
 - "Slide."
 - "Shuffle."
 - "Travelling turn."
 - "Roll on the floor."
 - "Hop."
 - "Gallop."
 - "Skip backwards."
 - "Slide on the floor."
 - "Crawl on the floor."
 - "Make like a train."



Creative movement activity

Main part
Time: ~ 15 min

How to conduct

1. Place your learners into groups of 5
2. "Design a dance that includes 3 different travelling movements, 2 levels (i.e. high, medium and low), and an ending pose."
3. In total, your dance must have 7 movements.
4. Give learners approximately 15 minutes to practise their dance.
5. "It is show time. Sit where you are in your group."
6. Instruct each group to show its dance to the class.

Outro

Cool down
Time: ~ 5 min

How to stretch

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

1. "Close your eyes and sit down."
2. "Imagine:
 - Your body is made out of sand. You are very light.
 - The wind blows and blows away bits and bits of you.
 - You travel with the wind now.
 - Your toes and feet start to blow away.
 - Now, your legs and hips dissolve in the wind.
 - You feel so light and weightless.
 - Now, your chest and arms travel with the wind as well.
3. "Suddenly, the wind blows in the opposite direction.
 - It brings your body parts back to you.
 - The sand pieces make your whole body again.
 - Piece by piece, you transform into a human body. Open your eyes."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



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!

