

Grades K–6

See It, Hear It, Do It!

**Imaginative lessons to add movement and dance
to your music classroom**

Kate Kuper

Compiled by: Erika Popp
Cover and Layout Design: Ashley Donahue
Accompaniment Tracks Arranged and Recorded by: Rocky Maffit

ISBN: 978-0-7877-6538-5

© 2018 Heritage Music Press, a division of
The Lorenz Corporation. All rights reserved. Printed in U.S.A.

Permission to reproduce the visual aids included in this product is hereby granted to one teacher as part of the purchase price. This permission may not be transferred, sold, or given to any additional or subsequent user of this product. Thank you for respecting the copyright laws.

Heritage Music Press
A division of The Lorenz Corporation
P.O. Box 802
Dayton, OH 45401
www.lorenz.com




HERITAGE
MUSIC PRESS

About This Collection

Kate Kuper has written many excellent dance and movement lessons for *Activate* magazine over the years, and this book includes some of her most creative ideas. They are both imaginative and accessible, so no matter what your dance skill level is, you can use them to incorporate real dance concepts into your music classroom. Use them to introduce dance skills to your students, to reinforce what they already know, and to add movement to your music activities.

Contents

Foot Song.....	Grades K-1.....	3
Forwards and Backwards.....	Grades K-1.....	4
Animal Tracks.....	Grades K-2.....	6
Jump Like a Kangaroo.....	Grades K-2.....	8
Sodeo.....	Grades K-2.....	10
Rainforest Dance.....	Grades 1-4.....	13
Dance a Poem.....	Grades 1-5.....	16
Crazy Locomotion Relays.....	Grades 2-5.....	18
Exploring Movement Qualities.....	Grades 3-6.....	20
Movement and Stillness Improvisation.....	Grades 3-6.....	22
Add-On Shapes.....	Grades 3-6.....	24
Every Which Way.....	Grades 3-6.....	26
Clap, Step, Jump, Shape.....	Grades 4-6.....	28
Dancing Duets.....	Grades 4-6.....	30

This book includes downloadable resources. This icon  indicates that a downloadable file is available. See page 32 for directions to access these files.




Foot Song

Grades K-1

The Foot Song evolved from the need to keep students occupied while waiting in line. It can also be used as a warm-up or transition activity. The song provides an excellent way to build motor skills, body control, and non-locomotor movement vocabulary.

Materials

Vocal track 

Instrumental track 

1. Begin with students in a circle, or scattered space, sitting in ready position.
2. Teach the concept of self-space. Point to the spot you are on and say “self-space” then indicate for the class to echo. Say “self-space, stay!” again, indicating for the class to echo. Finally, say “self-space, stay on your spot!” and have the class echo.
3. Teach or review the concept of memory. Memory means remembering what we’ve done so we can do it again. Point to your head and say “memory,” indicating for the class to do the same in echo.
4. Tell your students that there will be listening moments and moving moments in the song. Have them stand on their self-space spots. Let the class know that they will need to remember five different movements that they will perform with you. Assure them that they will know what to do and when; they just need to keep their eyes on you.
5. Play the vocal track. Model the following movements with the lyrics, then move as indicated by the song.

Lyrics	Movement
I see feet.	Point at your feet.
What can those feet do?	Shrug your shoulders.
I see feet.	Point at your feet.
And I know what they can do.	Point to your head in a knowing way.

6. Instruct the class to sit in ready position and take a few slow breaths to reset. Ask them to recall the five movements.
7. Do the dance again.
8. Use the instrumental track to create your own version of the dance, using suggestions from the students, or your own ideas. For instance, you could focus on hands instead of feet, using it to teach pat, clap, and snap.

Jump Like a Kangaroo

Grades K-2

This song and dance activity features the kangaroo, koala bear, sugar glider, and wombat. You might want to encourage your students to research these marsupials and see pictures online. When you face the students to model any movements, be sure to reverse your right and left. Agree with the students to which direction you'll all start jumping, so there aren't any traffic problems. Use simple hand gestures to cue the three directions, pointing to the children's left, right, or forward for a count or two before the transition.

Materials

Jump Like a Kangaroo recording 

1. Introduce this fun song by engaging your students in a discussion about the animals that live in Australia, especially those featured in the song. Here is some basic information you may want to share:

- **Marsupials:** Most of Australia's mammals are marsupials. Like other mammals, marsupials have hair and feed their babies milk. Unlike other mammals, marsupial babies are very small when they are born and have to crawl into a pouch on their mother's body to complete their development.
- **Kangaroos:** In Australia, there are more than fifty kinds of kangaroos—from small to tall. Their powerful back legs help them take huge jumps, and their long tails help with balance when they are standing upright. The kangaroos live in the grasslands.
- **Koalas** live only in eastern Australia in the forests and woodlands. These marsupials spend most of their lives in eucalyptus trees and have sharp claws.
- **Sugar gliders** are about the size of squirrels and live in the forests and woodlands. Between a sugar glider's front and back legs is a flap of skin that allows these marsupials to float on the air. They can soar the length of a football field!
- **Wombats** live in the grasslands. Wombats sleep in the day (in burrows they dig underground) and feed on plants and roots at night.

2. Play the recording of the song for your students. Consider having them pat the beat, perhaps changing placement with every new verse; or ask the students to close their eyes as they listen and imagine a movie to go along with the song.
3. Explain how the students will have the opportunity to move with the recording. But first, the children should move to a "home spot," stand tall, and perform a "helicopter check," swinging their arms to make sure they are not near anyone or anything.

Sodeo


Grades K-2

“Sodeo” is a traditional song that is often found with different names (Here We Go Zodeo, Zudio, Zudeo) and different lyrics. This is my creative dance version. It’s one of my favorites because it’s lively and energetic, and the children can sing along. I use this lesson to teach the introductory dance concepts of place (self and general space) and direction (forward, backward, side-to-side, right and left, up and down). This lesson is also useful for moving to a steady pulse and naming parts of the body.

I will share two ways to teach the dance: a circle dance for kindergarten and young first-graders, and an open-space version for older first-graders and second graders. I have also included visual aids for communicating the essential information to English Language Learners and visual learners.

Materials

Sodeo recording 

Visual aids 

Gym tape (optional)

Basic Movements

(used in both versions of the lesson)

A		
Here we go, Sodeo, Sodeo, Sodeo. Here we go, Sodeo, all night long.	Walk forward, stopping on beat 8	8
Step back, Sally, Sally, Sally. Step back, Sally, all night long.	Walk backward, stopping on beat 8	8
To the right, to the left,	Right and left weight shifts (tilt, swing your hip, etc.)	2
To the seesaw side.	Three quick weight shifts on the words “seesaw side”	2
To the left, to the right, to the seesaw side.	Repeat the weight shifts, starting on the left	4
B		
I called the doctor, and the doctor said,	Reach for the “telephone” and bring it to your ear	4
Oo, ah, I got a pain in my stomach.	Grab your belly and bend forward	4
Oo, ah, I got a pain in my back.	Grab your back and bend backward	4
Oo, ah, I got a pain in my head.	Grab your head and title it from side to side	4
To the left, to the right, to the seesaw side.	Repeat the weight shifts, starting on the left	4
A: Repeat movements above		