

DANCING TO THE BEAT VOL 2

ACTIVITY IDEAS



INTRODUCTION

Welcome to Dancing to the Beat Volume 2. 'Colin the Kiwi' briefly introduces each dance on the cd and following are instructions for each dance.

In all dances you will notice there are clear sections, usually ABAB pattern, but sometimes an ABC pattern. Listen for the changes; they are quite clearly indicated. The words in most of the songs tell you what to do. HAVE FUN!!!!

1. QUEUE DANCE

A: Have children moving freely doing actions, shopping, running in the park and hopping at the bus stop.

B: Form a static queue. You could move arms, or bob up and down.

2. CAN YOU DO WHAT I CAN DO

Children are in a circle and at each verse 1 child chooses an action that the others can copy.

They may need help when they first learn this dance, but they will have more ideas as they gain more experience.

3. AFRICAN DRUMS

This music has many possibilities - circle dancing, dancing with instruments, etc.

4. HAY HEE HO

Song words contain instructions. Remind children to sing in the Hay, Hee, Ho section.

5. DANCING ROUND THE TREE-ABCD-PATTERN

Divide children into 2 groups-Koalas and Kangaroos.

A: Promenade around circle-16 counts.

B: Everyone 4 steps in,4 steps out.

Koalas 4 steps in,4 steps out (others clap)

Kangaroos 4 steps in,4 steps out (others clap)

C: Hold partners hands and swing round in a circle.

D: Dosie Doe.

6. SEA COLOURS

Have children choose a colour. You may need to make paper fish to help them remember their colour.

A: Rhythm time - have children keep the beat using body percussion.

B: Stand and sit as indicated.

7. FOLLOW THE LEADER

Make two lines of children.

A: Sideways steps, 8 counts, back 8 counts (4 steps)

B: In 4 counts out 4 counts (repeat)

C: Cross over to the other side 8 counts (repeat)

8. R'N'R' BALL DANCE

Hold a ball and dance as indicated in song. For older children use up to 4 balls so that they add some in at each verse.

9. FLUGAR POLKA- ABAB PATTERN

Have some fun making up your own dance. Circle dance or in lines. Creativity reigns.

10. TESSAROSE DAIRY

Have a cheese corner, milk corner, butter corner and yoghurt corner. (Something to represent each item works well: pictures, blocks or constructions).

A: Children freely move and then choose a corner as indicated in the words of the song.

B: Pause cd. Have children in each corner do a different action, e.g. Milk-pat head; Cheese-churn arms; Butter-pat knees; Yoghurt-turn around. Keep actions in each corner the same.

11. FABULOUS FOOD

Children in 2 lines facing each other.

A: Walk in for 4 steps, pat knees 4 counts. Walk back 4 steps, pat knees 4 counts (repeat.)

B: Side steps 2 times (2 counts step). Wiggle 4 counts. Repeat back other way.

C: Simple scatting (made up words) children can join in. Make some kind of action associated with food preparation, i.e. chopping, beating, washing, patting.

D: Pattern at the end of the dance.

12. JUNGLE JINGLE

Move around as the animals indicated.

13. OBODIAN DANCE

A circle dance. Circle left 16 beats, circle right 16 beats. Walk in and clap, walk out and clap. Repeat. You could alternate with jumping, patting, etc.

14. BARNYARD DANCE

A: Move freely for the chorus, skip, gallop, etc.

B: Move as indicated by animal noises.

15. MUSIC MUSIC MUSIC

Children have sticks or shakers and follow the instructions.

16. TENNESSEE WIG WALK

Make your own actions for the verse, for chorus follow the instructions

17. THROW THE BEAN BAG

Instructions are included in the words of the song.

19. MY BONNIE

Instrumental for scarves etc., free form movement slow or waltz time.

20. GOODBYE



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