# TIP TOE
## to
# DO-SI-DO

## A Movement Sequence
## for
## Greater Success in Your Classroom!

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# *MOVEMENT SEQUENCE*

LABAN - MODIFIED
1. Awareness of Body Parts and Whole
2. Awareness of Space
3. Awareness of Weight and Time
4. Awareness of Flow
5. Awareness of Others - Partner/Group

FOLLOWING MOVEMENT DIRECTIONS
1. Tactile-Kinesthetic Decoding
2. Visual Decoding
3. Aural Decoding

MOVEMENT EXPLORATION
1. Exploring
2. Creative Imagery
3. Related to Music

STRUCTURED MOVEMENT
1. Finger Plays
2. Action Songs
3. Follow the Leader
4. Steady Beat Games/Activities
5. Steady Beat with Recordings
6. Moving with a Group
   - Partner/Group
   - Line/Circle Games
     - Stationary
     - Traveling
7. Moving with a Partner/Group to Recorded Music

## I. *MOVEMENT EXPLORATION*

### A. EXPLORATION

**GETTING ACQUAINTED:** Introduce yourself, giving first name. Identify a body part and demonstrate a movement for that body part. The class will echo your name and body part while doing the motion you indicated. The next person introduces herself, name and body part motion. The class echo her's and then yours. Keep adding names and body motions until everyone has been introduced. (cumulative)

**PAPER BALANCE:** Place a piece of paper (bean bag, feather, etc.) on a body part, hand. Move around the room balancing the object so not to drop it. If the object is dropped, the child must FREEZE. The child must stand so still that someone will notice. The "helper" picks up the dropped object and places it back on the child's "hand." Beware!! The "helper" can not drop his/her paper or they must FREEZE also.

**SILENT BELL PASSING:** Sitting in a tight circle, pass the tea bell from person to person without making the bell ring. Each person must set the bell on the floor before the next person picks it up. B. Sitting in a open circle, each child walks the tea bell to another child across the circle without ringing the bell. Vocabulary: *slow vs. fast/heavy vs. light/smooth vs. jerky*

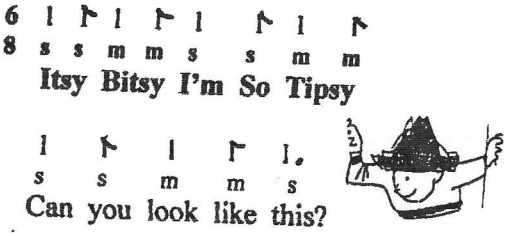
**FAST & SLOOOW**
Freeze like a statue every time the tambourine taps once. Follow each tap with a long period of silence. Children must hold the statue position made. Do several times to get the feeling of changing quickly.
Speak the word "slow" very slowly. Children must move continuously until the word stops. The child freezes in a new statue when the word stops. Do several times to get the feeling of changing slowly. Combined fast and slow statues, once the children have experienced each separately.

**COUNT TO 10**
Children stand on one side of the room while teacher stands on the other. "I would like you to come to me by the time I count to 10,... but you can not get here until I get to 10." Distance between teacher and children may vary. Speed in which the numbers are spoken may vary. Have children touch your hands on "10." *Change quality of movement: walk on egg shells, walk on drums, walk through bubbles.*

**MIRRORING:** The children imitate slow controlled movements made by the teacher, as if looking at themselves in a mirror. It will appear as if they are using the same side of the body as the teacher. The children will enjoy leading this activity after they have developed some basic skill. Children choose a partner. One child is the mirror the other is the person moving. Switch roles.

### B. CREATIVE IMAGERY

**STOP AND GO:** (Needed: 8 to 10 cards, each with a stick figure performing a simple stunt.) Children roll, toss, pass, throw or bounce a ball/bean bag around the circle. Without warning, the teacher blows a whistle. The child with the ball must pick a stunt card and perform the stunt. The game continues until all have had a turn.



**Aunt Dinah's Gone *(echo)***
Aunt Dinah's gone *(echo)*
Well, how did she go? *(echo)*
Well, how did she go? *(echo)*
Well, she went like this. *(echo)*
Well, she went like this. *(echo)*
Well, she lives in the country
Gonna move to town
She's gonna shake and shimmy

## C. RELATED to RECORDED MUSIC

**Free Movement. Music provides movement images**

*Fur Elise* – **Beethoven -scarves**
*Seven Jumps* - **Weikart**
*Late Last Night* – **Scruggs**

# II. *STRUCTURED MOVEMENT*

## A. Finger Plays - *no steady beat*

**I Have 10 Little Fingers**
And they all belong to me.
I can make the do things.
Would you like to see?
I can shut them up tight.
I can open them wide.
I can put them together
And make them hide.
I can make them jump up high.
I can make them come down low.
I can roll them around,
And I can fold them just so!

**Here's A Cup and Here's a Cup**
And here's a pot of tea.
Pour a cup, and pour a cup
And have a drink with me.

**There Was A Little Turtle**
Who lived in a box.
He swam in the water
And he climbed on the rocks.
He snapped at the mosquito,
And he snapped at the flea.
He snapped at the minnow,
And he snapped at ME!
He caught the mosquito.
He caught the flea.
He caught the minnow,
But he didn't catch me!

**Patty Cake Patty Cake Bakers Man**
Bake me a cake as fast as you can.
Roll in the flour, and throw it in the air.
Put it in the oven, right down there!

## B. Action Songs

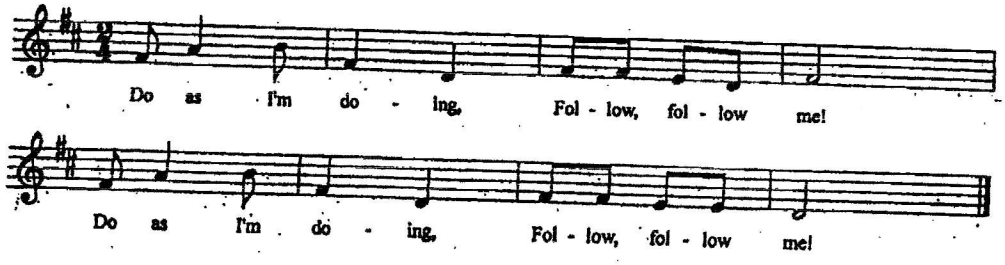
**At A Time Like This**
At a time like this
At a time like this
Oh, won't you help me.
(Clap, stomp, nair, boom, whoo,
Foo, humma, funky chicken)

**I'm Singin' In the Rain**
Just singin' in the rain
What a glorious feelin'
I'm teeter-tot, teeter-tot
Teeter-tot-tot.
*Leader* Thumbs up...*echo*...*(return to chorus)*
*Add* Elbows in...chest out...rear out...
Knees together...Head together...
Keep it together...Tongue out...
Dance around...

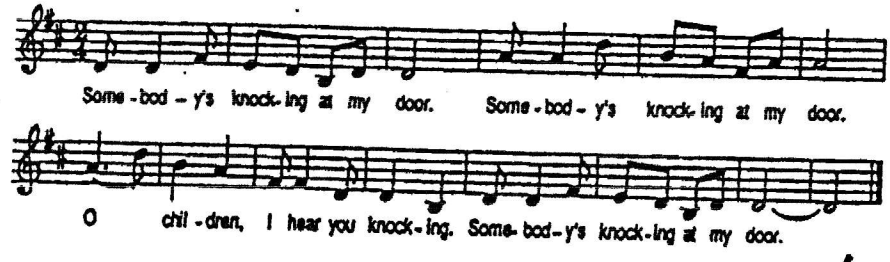
**The Jack-In-The-Box Jumps Up**
**Wake Up You Lazy Bones**

## C. Follow the Child's Beat

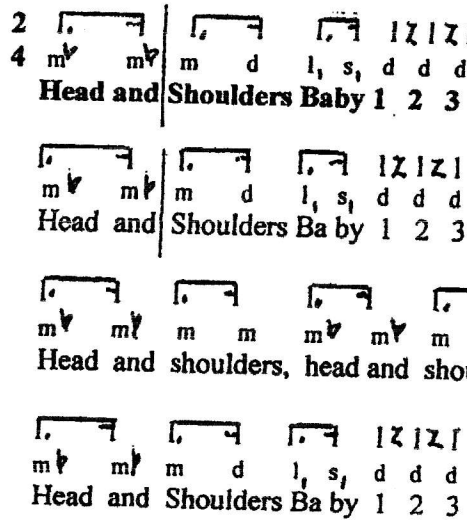
**Do As I'm Doing**

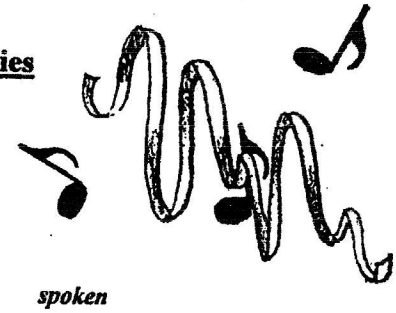



**Somebody's Knocking at My Door**




## D. Steady Beat Songs & Activities

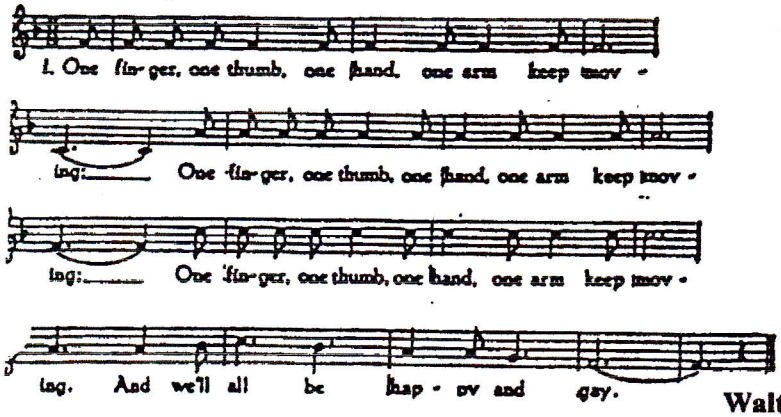


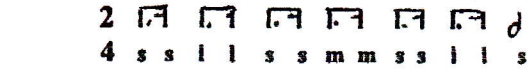



*spoken*
To the front, to the back
To the side, side, side
To the front, to the back,
To the side, side, side.

Continue D. Steady Beat Songs & Activities

**One Finger One Thumb**




**Draw A Bucket of Water**

**Waltzing Around the Hall,** hands joined in triangle small
Three dancers moving as one. Dancing is fun.
First dancer back through the arch
Pull through the one on the right
Pull through the one on the left

**Blue Bells Cockle Shells**
Evy Ivy over head.
Turn yourself around.

## E. Steady Beat - Recorded Music

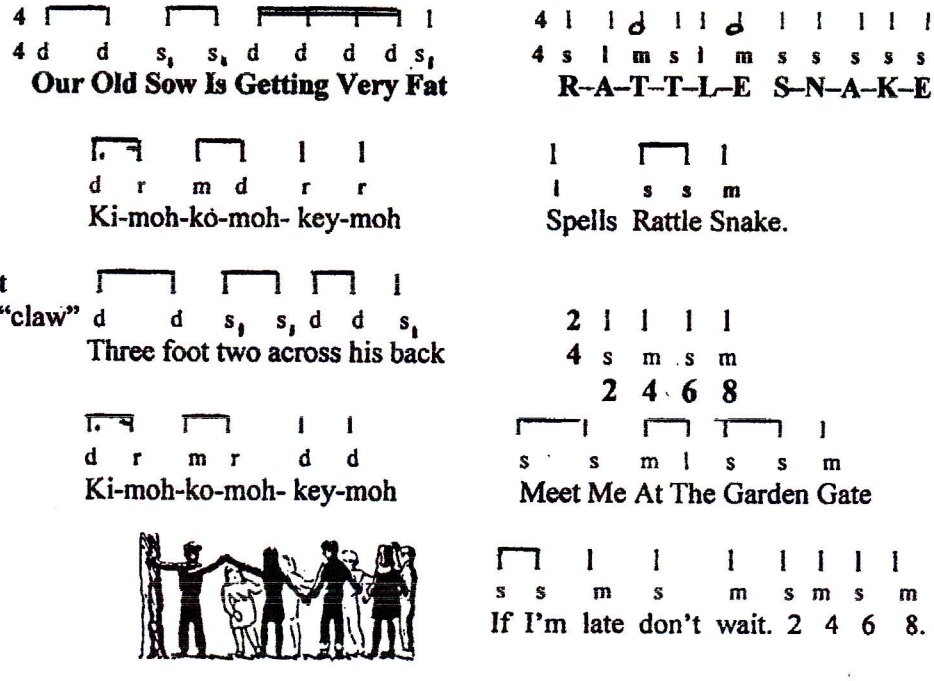
***Shake Senora*** – Each child receives two plates. Keep steady beat on different body parts using Macro and micro beats. "Magic" change to "Ta – Rest- Titi – Rest" rhythm.
Variation: "Take It Away"

## 2a. Line Games

**Scratch** *Sanna Longden*
***Momma Don't Dance***
Circle formation, "it" in center.

| | |
|---|---|
| Beat 1-8 | R hand "claw" up |
| Beat 9-16 | L hand "claw" up |
| Beat 17-32 | Both hands "claw" up |
| Beat 33-48 | "Funky Chicken" |
| Beat 49-64 | "It" performs movement |
| | Circle imitates movement |

"It" chooses next "It"-begin with R hand "claw"

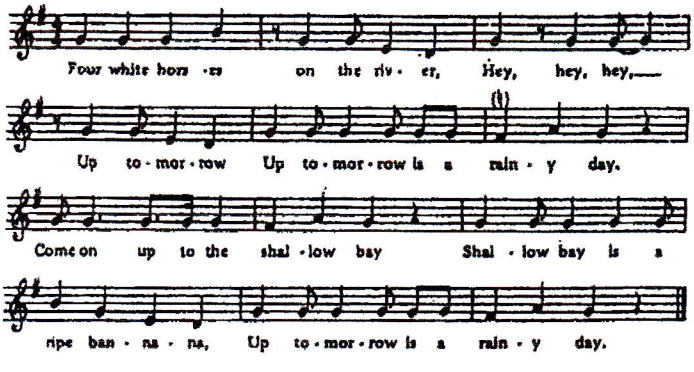



**Cup Passing Game**
***Fjaskern*** Weikart
Ta Ta Ti-ti Ta
Ta up down
Ta twist touch down
Switch slam-dunk.

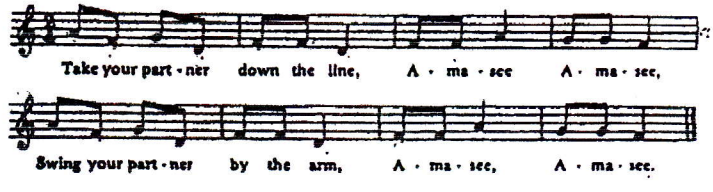
## F. Movement w/ Group

### 1. Partners/Group

**Four White Horses**



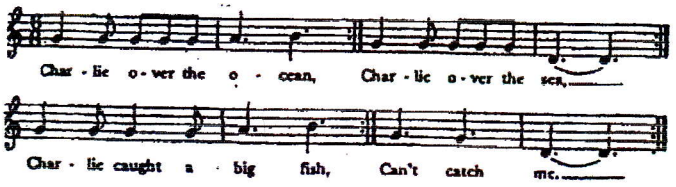

**Amasee, Amasee**



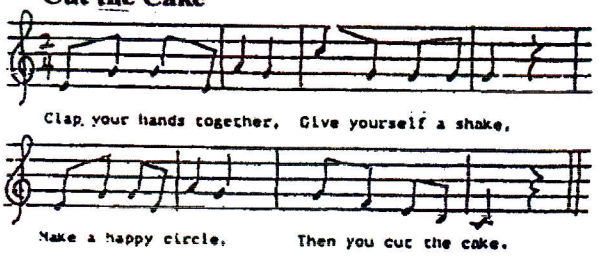
## 2b. Circle Games - Stationary

### Yo Ho Pull the Anchor

### Charlie Over the Ocean




### Cut the Cake

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## Twinkle Twinkle Little Star

Circle formation, 8 in each circle
holding a large elastic band.
Children count off by 2's
1's step In 4 - out 4
2's step In 4 - out 4
Repeat above throughout song
(game creates star pattern)

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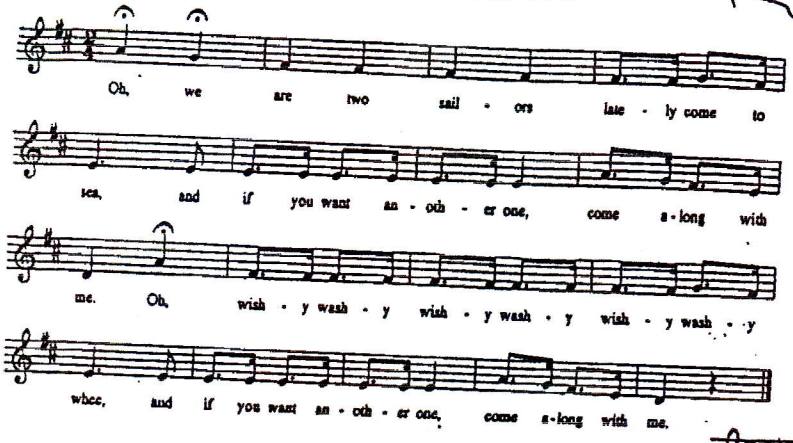
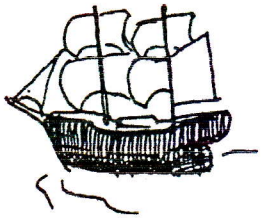
## Oh, We Are Two Sailors



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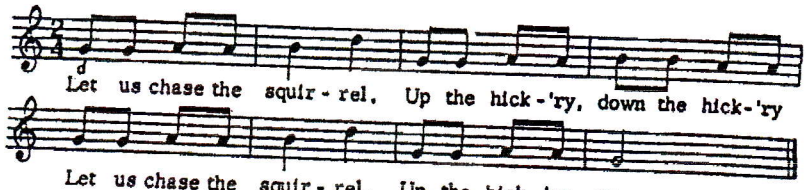
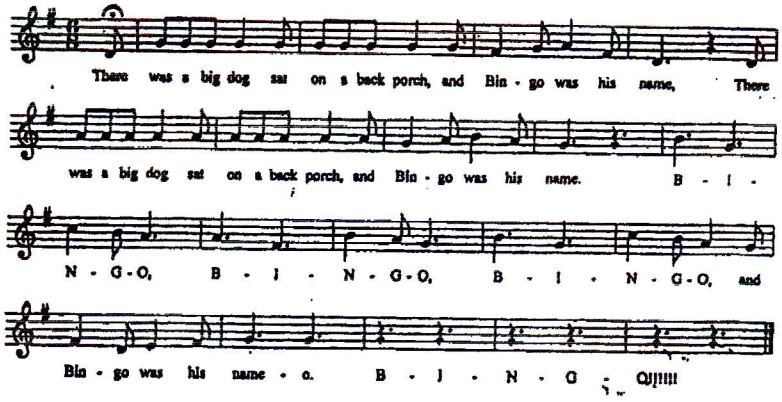
## Let Us Chase the Squirrel North Carolina

*150 American Folk Songs* - Erdei




## 2c. Circle Games – Traveling

### There Was A Big Dog Sat On the Back Porch




2 4 s l s m s l s m

### On the Mountain Stands a Lady

s l s f m r d
Who she is I do not know

s l s m s l s m
All she wants is gold and silver

s l s f m r d
All she wants is ice cream cones

d d' l s m d d l s m
So jump out Susan, and jump in Joey

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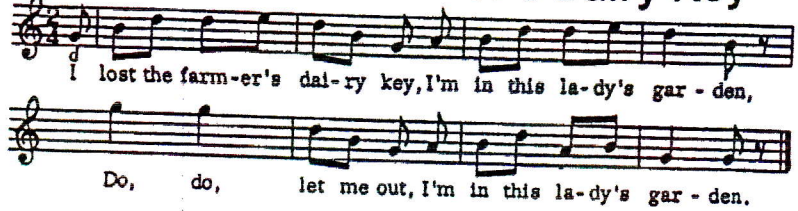
## I Lost the Farmer's Dairy Key



## Daisy Chain

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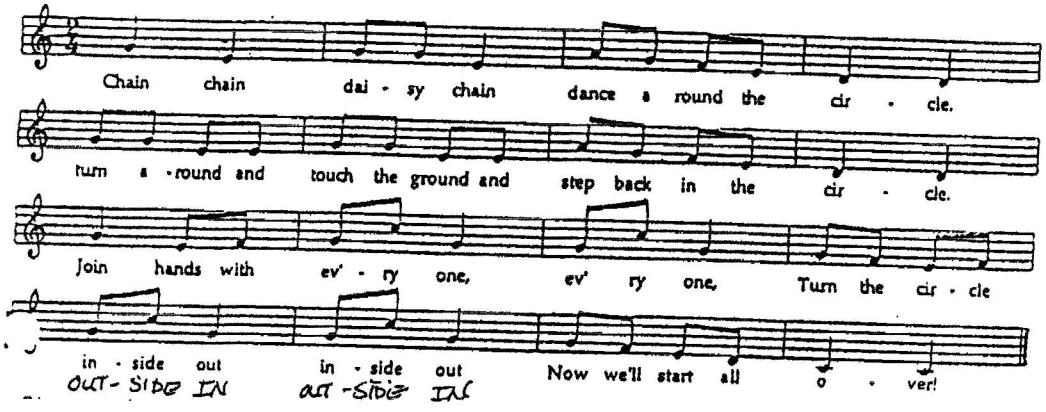


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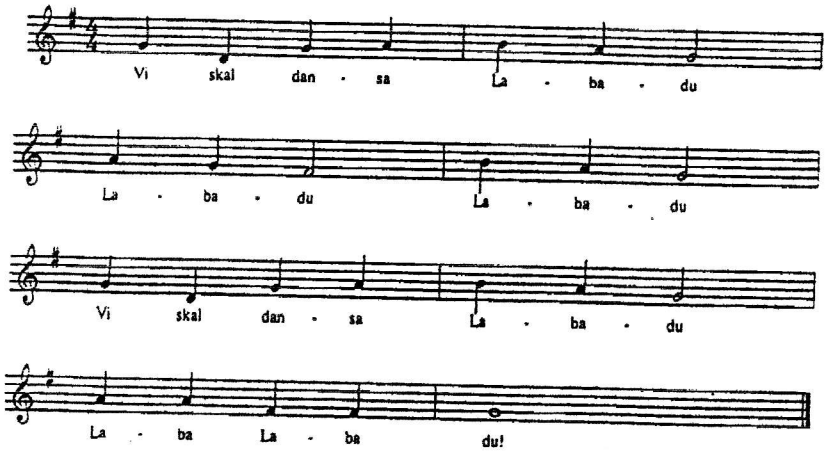
## Labado

Sue Leithold



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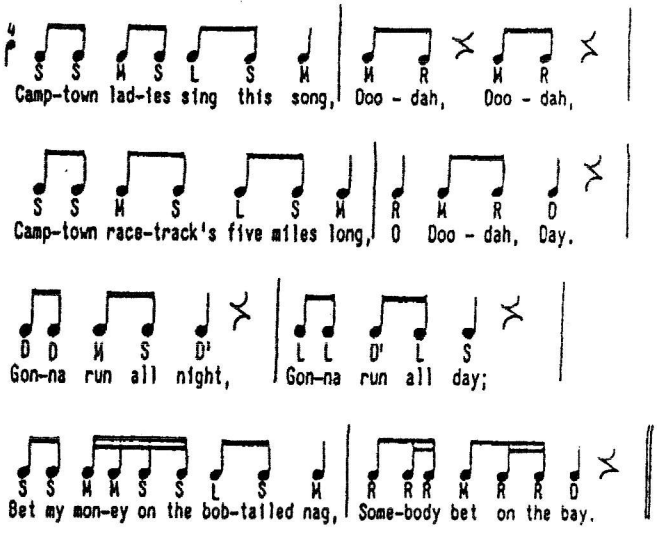
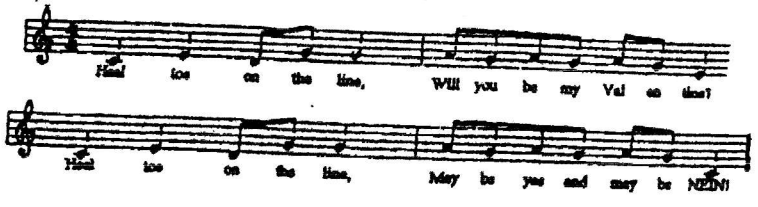
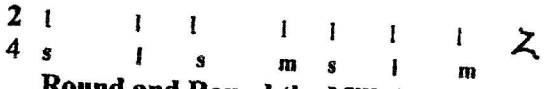
## Camp Town Races –Stephen Foster

*Step Up to Music* - Hensley

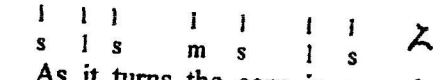



## Heal Toe On the Line



**Round and Round the Mill Goes Round**



As it turns the corn is ground.

## G. Moving w/ Group to Recorded Music

**Cotton Eyed Joe** – ***All Time Favorite Dances***
**Sleigh Ride** – ***Leroy Anderson***
**Are You Sleeping** – ***French Canadian***

# SONG COLLECTIONS
# AND
# OTHER RESOURCES BOOKS.


Carley, Isabel M. The Magic Circle: Activity Songs and Singing Games For Young Children. Asheville, North Carolina: Brasstown Press. 1989.

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