Exercise Song

Tune – “Farmer in the Dell”

Developed by M. Speranza

Music Building Blocks CD#4, Track #67

*Invite the children to join in this fun exercise song, demonstrating each movement and/or using the pictures on the song card. After doing these movements, ask children to suggest other exercises/movements and sing them as additional verses. When they say a movement, ask them to “show us how that would look!” (For complete song card, see website,* [*http://www.rcsdk12.org/prek/blocks*](http://www.rcsdk12.org/prek/blocks)*. )*

I’m stretching my legs,

I’m stretching my legs,

I’m getting lots of exercise,

I’m stretching my legs!

*(continue with “jogging in place, touching my toes,” etc.)*

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I Can Count to 20

Tune - For He’s a Jolly Good Fellow

*Created by: M’Lou Speranza*

*Child chooses a movement to do at the end of the song, counting as he/she does the movement. Of course, the number will vary depending on the child’s developmental level.*

Oh, I can count to 20,

I can count to 20,

I can count to 20,

Now I will jump! *(or other movement)*

*Child counts as he/she jumps that number of times. At the end, an adult asks, “So, how many times did you jump?” to see if the child understands that the last number name said tells the number of times jumped. Other possible movements – clap, stomp, hop (on one foot), pat (various parts of body).*

Chant/Jive Beat Creative Movement

Developed by M’Lou Speranza

Using a hand drum or up-tempo recorded instrumental music, ask children to move as they wish to the music or beat. (I find success using the drum beat on the Music Building Blocks CD#3, Track #72 “Chant/Jive Beat.”) As children move to the music, acknowledge their movements with a short phrase (i.e., “I see Isaiah is swinging his arms,”) and/or ask them to describe what they are doing, depending on their developmental level and verbal skills. Remember that any safe movement is valid, even if it is a repeat of what another child just did! Do this activity for a short time, and then develop it further as shown below.

Tell the children that you have a chant to go with the drum beat they have all been moving to. Rhythmically chant the line below a few times, encouraging the children to join you in chanting.

Everybody’s on their feet, and they’re feelin’ the beat!

*As the children join you in chanting, they are again moving freely to the beat. Now, after the line above, add the words, “****Move like (child’s name****)” encouraging children to copy the way that child is moving. (Try to say these words rhythmically to keep the flow!) Do this child’s movements for a several beats and then repeat the refrain above, and insert a new child’s name. Continue to let children take turns being leaders.*

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Stop and Go chant

*Developed by M. Speranza*

*Use the red (double bar line) and green (treble clef) music symbol cards as a visual cue to help children learn this chant. Use the open-ended words “move, move, move” as they move their bodies anyway they choose. Then have children choose other body movements such as clap or pat thighs, changing the words to reflect the movement, i.e. “I’m going to clap, clap, clap,” etc. Once children are familiar with the chant and are fairly successful at stopping on cue, use it for playing instruments, changing the words to describe the way you play an instrument, i.e. “I’m going to shake, shake, shake” for bells or maracas, “tap, tap, tap” for drum. Note: If you have a copier that you can put construction paper or colored paper in, copy the double bar line onto red paper and the treble clef on green.*

I’m going to move, move, move when the sign is green,

I’m going to stop when the sign is RED!

Pirate Song

*Folk song*

*Try suggested movements below or let the kids make up their own!*

*Line 1 – hold up number of fingers referred to*

*Line 2 – move hands as if to be making waves*

*Line 3 – jump and then cover one eye with hand for “pirate”*

*Line 4 - put hand against forehead as if standing at attention*

*Line 5 - sway one way, then the other, then forward and backward*

*Line 6 – move hands as if to be making waves*

When I was one I had some fun,

Going out to sea,

I jumped aboard the pirate ship

And the captain said to me,

“Oh you go this way, that way, forward, backward,

Over the deep blue sea!”

*Continue with rhyming words below, or have children make up their own rhymes, i.e.*

*When I was two, I tied my shoe*

*When I was three, I climbed a tree*

*When I was four I shut the door*

*When I was five I learned to jive*

*When I was six I picked up sticks*

*When I was seven I thought I was eleven*

*When I was eight I learned to skate*

*When I was nine I climbed a vine*

*When I was ten I petted a hen*