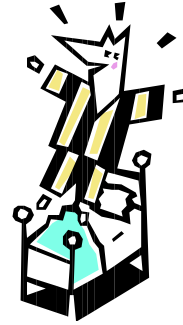


Morning Moves



Morning Moves takes place at my school, Eastgate Elementary, every day. Eastgate is a primary school composed of K-1 children. Eastgate Morning Moves was inspired by a workshop presented by Meg Greiner, national elementary TOY from Oregon. As the bell rings at 8:20, the classes come into the gym to their assigned area to begin Morning Moves. Teachers come with their classes and participate with the students. Teachers choose which days they want to come to Morning Moves. I start with a warm up. Then I chose a more active dance. We end with a cool-down. We finish with an affirmation for the day-for a total of about 15-20 minutes. The students then quietly walk back to their classrooms ready to begin their academic day.

The following are some of our favorite movement activities.

5, 6, 7, 8 Music by Steps

When the music says 5,6,7,8 jump and say 5,6,7,8

Grapevine right 4 counts

Grapevine left 4 counts

4 steps forward diagonal: digger-2 steps R diag.-2 steps L diag.- 8 counts

Slap R thigh, L thigh, R hip, L hip

Point head to toe

4 steps back

Martian Hop Thanks to Jim Ross

Hop 4 R Hop L 4 and repeat hops

8 claps 8 twists

4 kicks 4 hand rolls

Hey Baby Music by DJ Otzi Again thanks to Jim Ross

Shake hands 2 times to the right and 2 times to the left

Shake hands 1 right 1 left 1 down right 1 down left

Clap 2 Xs

Jump forward and say ooh

Jump backwards and say aah

Clap 2 Xs

Criss-cross jump out together 3 Xs

Clap 2 Xs

Grapevine right 4

Grapevine left 4

Hamster Dance Music by Hampton and the Hamsters A simplified version

Bob 8 counts (wait until after the intro!)

Slide 4 counts right

Slide 4 counts left

Pat thighs 2 Xs

Clap 2Xs

Pat thighs 2Xs

Clap 2Xs

Skip in a circle for 8 counts

Let the kids free form their own hamster dance while the song has Hamster talking

Tony Chestnut Music from the Learning Station

This activity is a play on words, so just follow along. Tony Chestnut: point to toes, knees, chest, and head (nut). Knows I love you: point to nose, eyes, cross arms across chest, and point forward. The rest of the song: just follow along!

Car Wash

Chorus: Cross and uncross hands at feet, repeat at knees, brush hips and circle hands by ears.

Use the following actions for the rest of the song every 8-16 counts as they fit

Wet feet: hamstring curls

Sprinkler

Wax on and Wax off

I Gotta Feeling by the Black Eyed Peas

Diggers 2 R 2 L (Wait for the intro!!)

2 Lunges-Cue: Sticky foot 2 beats each

Back 4

Jump 4

Heel jacks 4

Rock This Party Music by Bob Sinclar and Cutee (adapted from Susan Flynn)

Intro

Slide R 4

Slide L 4

Monkey R 4 Monkey L 4

Rock in Place 8

Punch 4

Jump 4

Funky Country Thanks to Susan Flynn (Music??)

Walk R 4 Touch heel on 4th count

Walk L 4 Touch heel on 4th count

Repeat

Walk forward 4 jumping on 4th count

Roller Coaster 4 counts

Walk back 4 count jumping on 4th count

Roller coaster 4 counts

4 heel jacks (8counts)

Egyptian Arms 2 count R 2 counts L 4 1 count arms RLRL

Nutrition Dance Adapted from a dance from Susan Flynn Music Old Time

Rock and Roll by Bob Seeger

Walk R 3 Kick on 4th count

Walk L 3 kick on 4th count

Repeat

Thigh Tap RLRL 4 counts

Jump and say Fruit, Veggies, Meat, Milk Repeat

Thigh Tap RLRL

Twist and say "Let's hear it for the grains!" 8 counts

Jingle Bells by Hampton and the Hamsters Thanks again to Jim Ross

Sitting down legs crossed

8 claps

8 claps up high

Lean right 4 counts lean left 4 counts

Which way? Point right, left, shrug shoulder I don't know Whee

Gallop by patting on thighs 16 counts

Hold up imaginary bells and say ring, ring, ring

Thriller by Michael Jackson An easy version thanks to JD Hughes

Lie down on your back during the intro slowly rising out of the coffin and slowly start moving until you hear Thriller to start the dance!

Monster claws: Use your best monster claws while stepping R 2 cts L 2 cts R 2 cts L 2 cts

4 count slide shimmy clap right, left right left

Breast stroke forward RLRL continue forward LRLR

Zombie arms back: stomp R 2 cts, L 2 cts, stomp RLRL

Deal cards while making knee go out and in like a door 4xs R 4xs L

At the end fall back down on back in coffin while Vincent Price laughs!

Country Boy by The Hamsters

Use 12" ropes: 1/student

16 Figure 8s with rope in front of body

16 tornadoes in front and down while jumping

Lasso 8 high right, low right, high left, low left while stomping

4 counts slide R while circle rope in front, repeat L, R, L

Circle turn while turning rope above head 8 counts R 8 counts L

Green Eggs and Ham by The Learning Station

4 cross crawls

Touch opposite heel in front of body right and left then back heel right and left

4 cross crawls

4 bobs while hands go up and down in opposition (flip em flop em don't drop em)

This song gets faster and faster! Great for I Love to Read Month!

Cool Downs

Focus shapes: Cocoon, Super Kid, Table Top, Leg and arm extension

Yoga poses: Child's pose, cobra, V Sit, warrior, tree, etc.

X-man and hook ups are great endings.

The Hamster's Birdie Dance is a great version for kids. A-La is a good warm-up and is great for cross lateral movement using the cross crawl movement. I use Greg and Steve CDs since I have primary kids. We do lots of Holiday dances such as the Monster Mash, Addams Family, the Hamster's Jingle Bells, and Cupid Shuffle. I try to include a lot of cross lateral movement in our routines to get both sides of the brain working and get them ready to read! There is much brain research out there to support an activity-based program such as Morning Moves.

Please email me if you have any questions or need help in finding information and research to validate a program like this for your school.

Peggy Chappuis

2010 NWD Elementary TOY

pjchappuis@bresnan.net

