

Individual Activity Lesson Plan

Body parts/music and movements



Date: Friday 01st May 2020

Activity Title: Musical Body Statues

Learning Intention

Shows interest in playing with sounds, songs and rhymes.

Links to EYFS:

Shows interest in playing with sounds, songs and rhymes. Communication and Language-Listening and attention-22-36months.

Resources:

- A space big enough for your child to dance.
- A speaker/Laptop/Phone
- Access to music

Activity Overview

This activity is musical statues with a twist. When the music stops, your child will need to either point to a body part or complete an action you tell them using a body part.

Key vocabulary:

Music, freeze, listen, stomp, wiggle, turn around, stop, start, nose, eye, clap your hands together, sit on your bottom, bang, pat, head, quiet, loud, stand still, jump.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- This activity can be done inside or outside.
- Teach your child the rules of musical statues. You can play this game first, getting them to practise freezing before introducing body parts.
- You can also introduce your child to different body songs. (Pictures below of two body songs)

Main Activity

- Find a large space for your child to dance.
- Play some music and encourage your child to dance.
- Pause the music and encourage your child to freeze. Call out the name of a body part and wait for your child to point to that part of their body. Start off by calling out relatively easy body parts such as 'arm,' or 'leg' etc and as the game goes on it can become progressively harder such as 'armpit' or 'shin'.
- Once your child has mastered the names of their body parts you can start adding actions. For example:
*Can you put your hand on your elbow? Or Can you pat your head? Or Can you jump up and down on your feet?
- To make this trickier you could swap the order of your sentence so instead of saying "Put your finger on your foot" you could tell your child to "Put your foot on your finger."

Activity review: You can ask your child questions:

*You can now test your child by adding in a timer. Give your child 5 seconds to point to the parts of the body when asked.

Additional ways to support your child:

- If your child does not want to dance, you could give them a musical instrument to play. When you shout "Freeze!" your child will need to stop playing the instrument until you tell them to "Go" again.

Extension:

- Repeat this game, this time allowing your child to be the one who calls out the names of body parts for you (the adult) to point to.

Individual Activity Lesson Plan

Body parts/music and movements

Head, Shoulders, Knees and Toes

Head, shoulders,
Knees and toes,
Knees and toes.
Head, shoulders,
Knees and toes,
Knees and toes.



And eyes and ears,
And mouth,
And nose.



Head, shoulders,
Knees and toes,
Knees and toes.

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The Skeleton Dance

From Super Simple Songs - Halloween

Chorus:
Dem bones, dem bones, dem dancing bones.
Dem bones, dem bones, dem dancing bones.
Dem bones, dem bones, dem dancing bones.
Do! the skeleton dance.

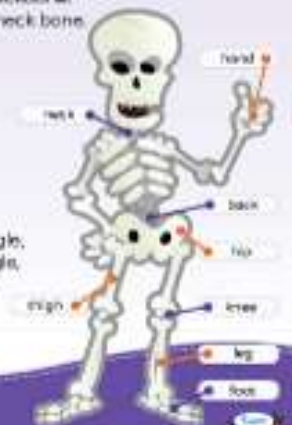
The foot bone's connected to the leg bone.
The leg bone's connected to the knee bone.
The knee bone's connected to the thigh bone.
Do! the skeleton dance.

The thigh bone's connected to the hip bone.
The hip bone's connected to the backbone.
The backbone's connected to the neck bone.
Do! the skeleton dance.

Shake your hands to the left.
Shake your hands to the right.
Put your hands in the air.
Put your hands out of sight.

Shake your hands to the left.
Shake your hands to the right.
Put your hands in the air.

Wiggle, wiggle, wiggle, wiggle, wiggle,
wiggle, wiggle, wiggle, wiggle, wiggle,
wiggle, wiggle... wiggle your knees.
(repeat chorus)



Super Simple Songs - Halloween
www.supersimplesongs.com

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