

**ACTIVE
SCHOOLS**
Kori ki te Kura

Movement to Music



**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

Movement to Music

- Music provides a good atmosphere for physical activity and can often give the necessary motivation to keep children enjoying their physical activity.
- A physical activity session need not look like an aerobics class but simply a variety of physical activities performed with music as a background.
- Music can be used to help children relax in a cool-down and has a settling effect before they return to class.
 - Choose music appropriate to the activity.
 - Listen to the music before using it.
 - Ensure the music has a steady rhythm.
 - Teach some simple cues or signs that the class can learn e.g. flat hand up = STOP this physical activity and be ready to change, four fingers held up = four repetitions of a movement, pointing a finger = travel in that direction.
- Have the children lead the session either in pairs or in small groups. Let them select their own music.
- Always remember to **keep it simple**. If the teacher finds a pattern or sequence complicated then it will be too difficult for the children.
- Trying to learn pre-choreographed sequences is time consuming and frustrating and may restrict the flow of a physical activity session. Try to use simple base moves such as walking or jogging. Variety can be added with travelling, changes of direction (pathways), arm movements and simple combinations.
- **Repetition** is a desired feature of these sessions and much of the enjoyment comes from repeating simple patterns and movement combinations.
- The following illustrate how simple combinations can be developed.

Combination 1 – Warm-up

Base Move = Marching on the spot

4 shakes of hands – high

4 shakes of hands – low (Repeat several times)

4 shakes – high (Repeat several times)

4 claps – low (Repeat several times)

4 shakes hands out to side

4 claps above head etc.

Combination 2 – Warm-up

Base Move = Marching

4 steps forward (arms push up and down)

8 marches on the spot (arms push forward and back)

8 steps backwards (arms push up and down)

8 marches on the spot (arms push forward and back)

Repeat the walking pattern several times then add an arm combination.



Movement to music – Marching

Combination 3 – Vigorous

Base Move = Jogging/Running

16 runs on the spot

16 runs forward

16 runs on the spot (turn on the spot ready to run back to start)

- *Keeping the legs moving continuously e.g. walking, jogging, stepping side to side is more important than incorporating complicated arm sequences.*

COMPONENTS OF MOVEMENT			
Base Moves	Body Parts	Space and Time	Grouping
Travelling Walk Stride Skip Shuffle Gallop Hop Leap Twist March Jog Step hop Run Slip step Jump Goose step On the Spot Walk March Jog Twist Hop Step together Easy walk (1 forward – 1 back) Knee lifts Heels up Bounce Non Locomotor On the Spot Bend Twist Sway Stretch Turn Shake	Arms/Shoulders Punching Pushing Pulling Circling Sweeping Clapping Shaking Criss-cross – 1 arm – both arms – 1 arm then the other – in front of the body – behind body – beside body – above head Knees Knees high Knees low Straight legs Hands Flapping Circling Fists Open hands Trunk Head	Direction Forwards Backwards Sideways Upwards Downwards Level High Medium Low Size Large Small Pathway Straight Curved In a circle Zigzag Diagonal Side to side Forward and back Time Fast Slow Increasing in speed Decreasing in speed	Individual With a partner In a group – over – under – around – beside – behind – copying – mirroring – all together – one after the other

Movement and combinations can be built by taking one of the base moves and adding elements such as arm movements, changes in direction or level, or changing group arrangements.

Individual Pathways

Children begin their pathway from their “Home Base” and they return to this “Base” after each move.

Easy Walk – From “Home Base”.

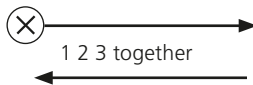
- One big step forward, one big step back.
- Rhythm call is... “Forward...forward...back... back”.

Step Together – From “Home Base”.

- One step sideways with right foot, close left foot beside right.
- One step sideways with left foot, close right foot beside left.
- Rhythm call is... “Right foot together...left together”. (Try 2 steps or 4 steps together.)

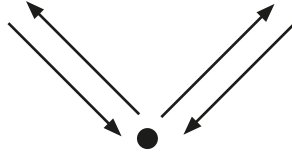
To and Fro – From “Home Base”.

- There are 4 counts.
- Three steps forward, on 4th count bring feet together.
- Three steps backward, on 4th count bring feet together.
- Rhythm call is... “1...2...3...together...back...2...3...together”. (Try adding a small jump or a clap on 4th count or walk forward 2 sets of 4, back 2 sets of 4.)

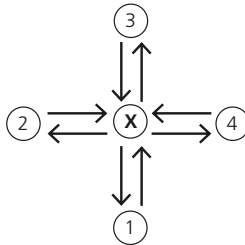


Diagonal To and Fro – From “Home Base”.

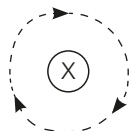
- Four steps forward to right diagonal.
- Four steps back to “Home Base”.
- Four steps to left diagonal.
- Four steps back to “Home Base”.

**Around the World To and Fro** – From “Home Base”.

- Four steps forward/four steps back (front), 1/4 turn to right.
- Four steps forward/four steps back (side), 1/4 turn to right.
- Four steps forward/four steps back (back), 1/4 turn to right.
- Four steps forward/four steps back (side), 1/4 turn to right.

**Around About** – From “Home Base”.

- Each child walks in their own small circle.
- Eight counts, then back the other way.

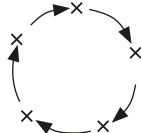


Group Pathways

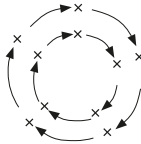
Walking/Jogging/ Running/Skipping

Follow the Leader – Single line.

- Curves/zigzags... up and over things... around and about.

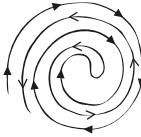


- One large circle...



- Two circles...

- A spiral...



Line Circuits

- 4-6 lines of children as in diagram.
- Arm's length spacing between them.
- Moving "on the spot" in time to music.
- On "Go", the leader followed by their team walks or jogs around the front cone...down and around the back cone... and back to their place.

To make the movements more demanding make the running distance greater i.e. move the back cone further away.

