A Healthy Dose of M and M’s (Music and Movement)

Health and Physical Activity Institute
James Madison University, Harrisonburg, VA, July 20-24, 2008
Gregg Montgomery, Mountain View School, 118 Cloverhill Drive, Flanders, NJ, 07836 –Phone: 973-927-2201

**The Locomotion- Kylie Minogue or Hot Hot Hot-Buster Poindexter**
Tap right heel front
Tap left heel front
Tap right heel front, and then bring it up in front of your knee 2X
Grapevine right and clap
Grapevine left and clap
Hit air with right hand as in patty cake 2X
Hit air with left hand as in patty cake 2X
Hit air with both hands as in patty cake 2X
Hit both thighs two times
Walk in a circle for 8 counts and back to the starting position
Repeat dance

**Variation:**
Do the dance as a mixer facing a partner. One partner facing another in a Double-circle formation. One partner does the dance using the opposite foot

**Mountain Music-Alabama**
Grapevine right and clap, grapevine left and clap- 8 counts
Walk backwards 4, walk forward with left foot and bring right together
Click heels 2 times with a Yee Haw-8 counts
Tap right foot forward twice, tap right foot back twice, tap right foot forward once, backward once, to the side once, then bring the right leg up and around the front, turning ¼ turn to the left.
Repeat dance

**I Feel Lucky -(Four Kick Continental)- Mary Chapin Carpenter**
Grapevine right
Grapevine left
Cha-Cha lead with the right foot
Cha-Cha lead with the left foot
Kick right (touch heel forward)
Kick left (touch heel forward)
Kick right with a ¼ turn to the right as the kick is made
Lift right heel in front of the knee and lead into grapevine right
Repeat dan
La Raspa Soccer- Music-La Raspa
Toe tap on the soccer ball when the music plays:
Right /Left /Right—Pause
Left /Right/ Left—Pause
Right /Left/ Right—Pause
Left /Right/ Left—Pause
Right /Left/ Right—Pause
Left /Right/ Left—Pause
Right /Left/ Right—Pause
Left /Right/ Left—Pause
When the music changes the players need to Soccer
Dribble around the gym
until the other music plays that signifies Right /Left /Right toe Taps

Another Night- “The Rocket”-Real McCoy
Shuffle step 3X to the right
Shuffle step 3X to the left
Walk backwards 3 steps beginning with the right foot
Step forward with the left foot and drag the right foot up to the left foot 2x
Touch right hip
Touch left hip
Touch right side of head
Touch left side of head
Wiggle, wiggle, wiggle, wiggle (4 counts)
Tap right foot 2X to the front
Two times to the back
Once to the front
Once to the back
Once to the side
Lift right knee across your body
Turn ¼ turn to the left
Repeat Dance

The Moving Macarena
National Standard: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction
Music Needed: The Macarena
Equipment Needed: CD Player and CD above
Formation: Scatter
Move around the floor and perform the Macarena while moving. Can you do The Macarena while Hula Hooping?
YMCA-The Village People
Start when they sing:

“Young Man..........” Begin pointing from left to right using right arm, with one arm and hand at chest height while shaking hips (8 counts)
“Need to Be Unhappy...”
Raise right arm--raise left arm like the letter “Y”
Cross- right hand down to left hip
Cross-left arm down to right hip
Hold arms as in pulling reigns of a horse and pull 2X

Instrumental
Pull on reigns and thrust hips 5X

It’s Fun To Stay At The Y M C A
Make letters with your arms raised above your head Y.....M.....C.....A
Repeat

John Travolta Motion- Shoot Gun and place it in the holster at your hip (Right and then left side).

Swimming Motion- forward and swimming motion backstroke

The Monkey- (A.K.A. Johnny Bravo) jerking arms upwards, right, left, right, left

C’mon Ride The Train-Quad City DJ’s
Two slide steps to the right while you make a train whistle pulling motion with your right hand (elbow bent) Left hand touches the elbow (4 counts)
Two slide steps to the left while you make a train whistle pulling motion with your left hand (elbow bent)
Bend your knees and lower your body down as you twist down to the 90-degree Squatting position (4counts) Raise your body back up to the standing position (4 counts)
Slide step to the right 2X as you make a pushing motion toward the floor 3X fast as you step
Slide step to the left 2X and make a pushing motion down towards the floor 3X fast as you step
Slide step to the right 2x as you make a choo- choo motion 2 times (4 counts)
Slide step to the left 2x as you make a choo- choo motion 2 times (4 counts) and turn ¼ turn to the left as you step now facing a new wall.
Repeat Dance

Dance to The Music- Sly and the Family Stone-  
Warm Up Activity

Dance to The Music-Swimming Motions

Boom Boom-Up and Down Bending Knees

All We Need Is a Drummer- Pretend to be a drummer using hands and feet

I’m Gonna Add a Little Guitar- MTV Air Guitar Strumming Away, Hopping on One foot, Squat and Play

I’m Gonna Add Some Bottom- Play the bass and puff up your cheeks

You Might Like to Hear My Organ- Play the Keyboard Hands and Feet

Horns Blow- Play the Horns-Trumpet, Saxophone, Slide Trombone
**Hands Up - Drew's Party Mix or Ottawan**

**A. Hands Up - Both Hands up**
- Give me your heart (hands on chest in and out)
- All your love - right arm reaches from one side to the other like a rainbow
- All your love - Left arm reaches from one side to the other like a rainbow

**B. Step right one step and clap**
- Step left one step and clap

**C. Step right two steps and clap 2X**
- Step left two steps and clap 2X

**D. Next step Similar to the Macarena**
- Right hand out palm down
- Left hand out palm down
- Right hand out palm up
- Left hand out palm up and roll down and roll up

**Mexican Crab Dance**
- Start the dance in a “crab position” and kick your legs out one at a time as in the Mexican Hat Dance

**Shake Your Groove Thing** - Start in two “contra lines” facing a partner as in “Walk The Dinosaur” this is a Soul Train dance where two partners move on down the middle and do their own thing.

**Macho Shoe** - (Rudy Benton) Use the song Macho Man by the Village people and take off one shoe. Use your shoe as a prop and sing “Macho Macho Shoe” instead of Macho Man.

**Monkey In The Middle** - Use the “Monkey in the Middle” song and choose a Monkey to lead the class in movements exercise or dance. Boys choose a girl next and girls choose a boy - so that you don’t have all girl or boy leaders.

**Six Flags Warm-Up** - Use the “We Like To Party” song and pick a leader to be the new “spokesmodel” for Great Adventure. Lead the class in movements, exercise and/or dance.
**Jive Bunny, “That’s What I Like” Warm Up Activity**

**National Standard:** Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction

**Equipment Needed:** CD Player and Jive Bunny Music

**Formation:** Scatter formation in personal space

Follow along with the ideas in the song.

Do the Twist       Hawaii Five –O-Paddling a Kayak
Surfing USA-Surfing or swimming  Runaround Sue-The Pony
Swimming       Barbara Ann-Bobbing
On your Mark-Track Starting position     Johnny B Goode-Chuck Berry
Impersonation
Get Set       Wipeout-Surfing or Swimming moves

**Fitness Never-Ending Relay**

**National Standard:** Achieves and maintains a health–enhancing level of physical fitness

**Equipment Needed:** One bucket/deck tennis ring for each line, Playground ball or Basketball

**Formation:** Make several lines of students in groups of 3. Dribble the ball down the floor and place it in the bucket. Do 3 crunches and then pick up the ball and dribble it back to your line. Hand it to the next person in line and they repeat the same task. Continue taking turns after the other players have returned. Play a long song, or a medley of songs. The children are having so much fun dribbling that they forget they are exercising.
**Dribble-a-Rama**

**National Standard:** Demonstrates competency in many movement forms and proficiency in a few movement forms  
**Music Needed:** Space Jam by Quad City DJ’s  
**Equipment Needed:** Basketballs, Dome Markers, Cones, Mini-Cones  
**Formation:** Scatter  
Each person has a basketball to dribble around the gym or multi-purpose room. Everyone starts the game with four points. One must follow the rules of basketball and dribble with one hand at a time. Try not to give up your dribble by stopping the dribble and catching the ball. Do not crash into other people, walls or equipment or you lose points. Try to keep as many points as you can till the end of the game. Begin to shrink the gym into smaller segments so it becomes more difficult to dribble without stopping. First in half and then in quarters. If you run out of all your points you must see the teacher (“Fairy Godfather(mother”) who is holding a special magic fairy-godfather(mother) wand and s/he will grant you four more points whenever you need them. Since s/he is watching out for you always.  
**Variation:** Add more and more equipment onto the gym floor. More cones, domes and mini cones play in groups of 2 or 3 as teams. Make the space smaller.

---

**Pick Up the Pieces (The Recycling Game)**

**National Standard:** Demonstrates competency in many movement forms and proficiency in a few movement forms  
**Music Needed:** Pick Up the Pieces/ Average White Band  
**Equipment Needed:** Buckets 4-6, Counting Circle Shapes or Poker Chips, Basketballs or Playground Balls for each student  
**Formation:** Scatter  
**How To Play:** Scatter colored pieces around the gym floor. These can be poker chips or various colored plastic pieces that are sold at Staples or other school or Office supplies stores. Dribble a basketball with one hand and pick up the pieces one at a time and place them in the buckets placed around the gym.  
**Variation:** Change hands and dribble with the non-dominant hand and pick up the pieces with the dominant hand. Use defensive players who are also dribbling a ball. If they tag an offensive player’s ball that has a chip in his/her hand the person must drop it back onto the floor or into the defensive player’s bucket.
Hampers

Pinnies or Wrist Bands

Ropes

Small Hoops

Scarves

Beachballs

Calculator

Cardboard Circles

Tic Tac Toe Boards

Tarps- Assessment Sheets

Hoops???

Noodles

Small Balls

Index Cards

Pens

Small Colored Shooter Disks

Cones
Flashlights

CD's

Magic Fairy Wand

Tops