Mmmmm...good!

Mixing a Mishmash of Merry Melodies and Music with Movement

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SPEED RACER
Music: “Little Honda” by The Beach Boys
Formation: straight lines of 3-5

Using the song Little Honda, split the group into smaller lines of 4-ish. Students place their hands on the shoulders of the player in front. Start by walking, on "first gear" the back person runs to the front. On “second gear” the back person moves to the front. On ‘third gear” the back person runs to the front. Continue throughout the song.

THROW AND CATCH “TEQUILA”
Music: “Tequila” by The Champs
Formation: scattered partners, 1 ball per group

This is a throwing and catching game for partners. Divide the class into pairs, giving each group a ball to throw. Play the song “Tequila” for the class. When the music starts the players throw and catch with their partners. This is a good time to assess throwing and/or catching skills. Whenever the word “tequila” is sung, the players find a new partner with whom to throw and catch. Best is the song can be looped or repeated 2-3 times for lots of throwing and catching practice.

HOT TOMATO
Music: any upbeat music
Formation: scattered partners, 1 ball per group

This is a partner game from the book “Aerobic Fun” (Kuntzelman). Each partner group needs one ball. On the start signal the partners toss and catch with each other. When a second signal is given the player with the ball flees from the other player (the tagger).
UPPER BODY STRENGTH CHICKEN DANCE

Music: “The Birdie Song” by Hampton and the Hamsters
Formation: scattered

Play the chicken dance music. During the verse, perform different upper body strength development activities:

1. Roman Salutes
2. Flip Flops
3. Push Ups (starts slow and speeds up)
4. Crab Walk

COTTON EYE JOE

Music: “Cotton Eye Joe” by RedNex
Formation: circle, even number

Clap (8 cants)
Shake hands with player on the right (4 cnts)
Shake hands with player on the left (4 cnts)
Do-Si-Do with player on the right (4 cnts)
Do-Si-Do with player on the left (4 cnts)
Touch right heel forward, right toe backward, right toe to side, feet together (4 cnts)
Lasso Turn (4 cnts)
Hands across chest, alternately kick feet (8 cnts)
Right Hand Star walking CW with a “Yehaaaal” (8 cnts)

• Add traditional CEJ step in place of clapping or walking sections.

SLEIGH RIDE (Dave Jenkins, NJ)

Music: “Jingle Bells” by Hampton and the Hamsters
Formation: seated in rows

Regular clap (with beat 8 times)
Clap up high (with beat 8 times)
“It’s getting bumpy” (bop up and down) - (interchange with: up and down a hill)
“Going around the bend” (lean to the side)
“Uh-oh! Going the other way” (lean to opposite side)
“Which way do we go?” (point right and left)
“I don’t know!” (shrug shoulders)
“But we’re having a good time!” Whoop and Shout (hands up with a shout)
Galloping horse (slap knees right-left-right-left, etc. for 8 counts)
Ring the bells (3 rings with a clap on the 4th count - do 4 times)
REPEAT
**I'M ON MY WAY**

Music: “I'm On My Way” by The Proclaimers (“Shrek” soundtrack)
Formation: scattered

Part A
- 2 Right Heel touch and back
- Grapevine right
- 2 Left Heel touch and back
- Grapevine left

Part B
- 2 two steps diagonally right
- 2 two steps diagonally left
- Walk backwards 4 steps
- Twist down and up 4 counts

DANCE PATTERN: A A B B A A B B.....

**JINGLE BELLS CIRCLE DANCE**

Music: “Jingle Bells” by Hampton and the Hamsters
Formation: double circle, partners

**PART A:**
- Walk 8 steps CCW
- Slide step 8 counts CCW (face partner and join hands)
- Walk 8 steps CW
- Slide step 8 counts CW (face partner and join hands)

**PART B:**
- Right Hand High Five (2 x’s)
- Left Hand High Five (2 x’s)
- Double High Five (2 x’s)
- Tap Knees (2 x’s)
- Clap 3 x’s and yell “Hey!” and hip bump on 4th beat (2 x’s)
- REPEAT B
WIPE OUT
Music: “Wipeout” by The Surfaris
Formation: scattered groups of 2-4

An activity that combines locomotor and jumping practice. In partner groups, each player picks one bouncing pattern. They designate one pattern “A” and the other “B”. There are two parts to the song: a guitar solo and a drum solo. When the guitar plays have the students perform a specific locomotor skill (walk, jog, etc..) with the partners traveling together. The drum solo is a signal to start the bouncing patterns. The first 8 counts the groups perform their “A” pattern. The second 8 is for pattern “B”. The groups continue switching throughout the drum solo (A-B-A-B, etc...)

Variations:
Use a follow the leader format;
Use groups of 4 (bouncing patterns: ABCD)
Add jump ropes for older students

TWIST AND SHOUT
Music: “Twist and Shout” by The Beatles
Formation: scattered

INTRO to “..shake it up baby!”

Shake the body (cnts 1-8)

Traveling Twist to the right (cnts 1-4)
Traveling Twist to the left (cnts 5-8)

Twist right - hold - twist left - hold (cnts 1-4)
4 Twists in place (cnts 5-8)

Step to the right and kick with left (cnts 1-2)
Step to the left and kick with right (cnts 3-4)
Step to the right and kick with left (cnts 5-6)
Step to the left and kick with right (cnts 7-8)

“Squish the bug” with right foot (cnts 1-4)
“Squish the bug” with left foot (cnts 5-8)
“Squish the bug” with right foot (cnts 1-4)
“Squish the bug” with left foot (cnts 5-8)

Walk Forward 4 steps (cnts 1-4)
Walk Backward 4 steps (cnts 5-8)
Slide step to the right (cnts 1-4)
Slide step to the left (cnts 5-8)