

Creative Capers

Early Childhood Movement and Music Education

Suitable for children aged 2-7 years



PLEASE NOTE

These lesson plans and ideas are for use in children's sessions only.

If you wish to use any of Robyn's original material contained in any of these lessons for ADULT TRAINING, EDUCATION or WORKSHOPS, please contact her for permission.

My Body

LESSON 1

My Body

Dominant Movement Patterns: **Balance, Static positions, Locomotion**

Goals

- To enhance the child's awareness and control of their own body.

Additional resources to accompany this lesson

- Spatial Awareness Balance Illustrations: Set 1-Set 2-Set 3-Set 4-Set 5 (images in Resources folder in this lesson pack)
- Finger Puppet (images in Resources folder in this lesson pack)
- Hand Puppet (you purchase your own)
- Song: "Here are my arms" (mp3 in the Music folder in this lesson pack)

Learning that occurs

- Experience in a variety of balance and static activities and positions
- Enhances body awareness
- Enhances spatial awareness
- Enhances listening skills
- Continue to develop body co-ordination and control
- Enhances an awareness of both sides of the body
- Enhances fine motor and gross motor skills
- Use music to enhance movement and learning

Related Learning Outcomes (Victorian Early Years Learning Framework)

SEPARATE DOCUMENT INCLUDED IN THIS LESSON PACK

See file named 2.Learning Outcomes.docx

LESSON PLAN

My Body

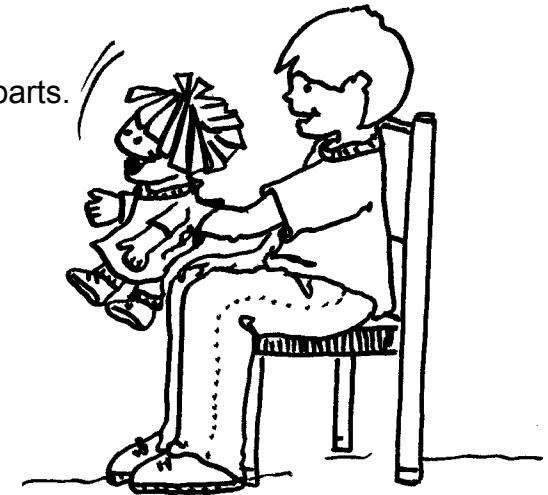
ACTIVITY 1: Introduction

Suitable for 2-7 year old children

- Introduce the activity by saying... 'We have a very clever body, and we are going to see just how clever we can be!'
'Let us see what parts of the body we have.'
- Use a hand puppet, teddy bear, rag doll, large doll or soft toy and point to identify his/her body parts.

Say the word as you touch the body part with your hand or finger.

*Here is the head.
Here are the legs.
Here are the arms.
Here is the nose.
Here is the bottom.
Here are the feet.*



- Ask the children to identify their own body parts. They touch the body part with their hands when directed by you.
- As an extension of this activity, the children can vary the body positions while performing the above activity (Examples shown on the following page.)

ACTIVITY 4: Chant

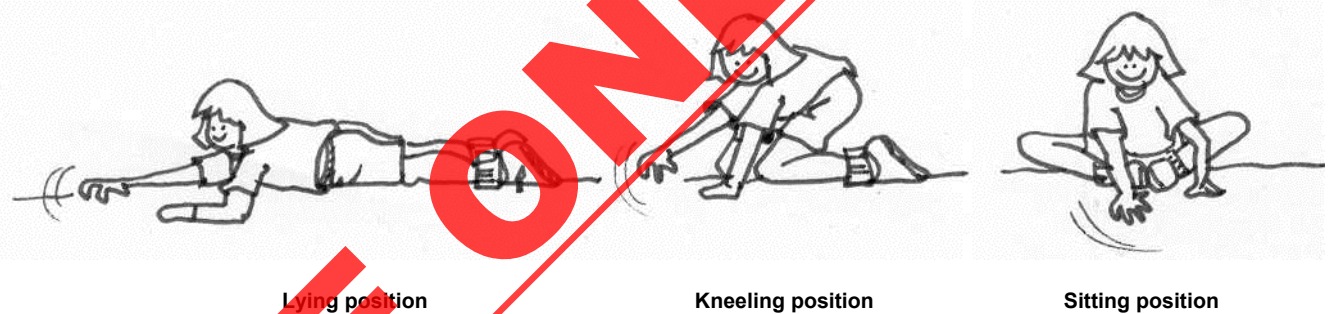
Suitable for 4-7 year old children

“*Funny Walk* “(written by Robyn Crowe)

Lyrics *‘Walking forward, walking back.
So what do you think of that.*

*I can walk with big steps.
I can make them small.*

*I can make them very fast.
And then go nowhere at all!*



The children can lie on their stomach, kneel or sit on the floor and move their fingers along the floor (using the pointer and index fingers) and follow the actions as indicated by the chant above.

The child ‘walks’ their fingers forward and back, imitates a big extended finger action, then a small action, then a fast finger action, then the child ‘walks’ their fingers on the spot.

VARIATION

Play music instead of using the above chant and the children can walk and dance their fingers along the floor. Use instrumental music with a good beat and rhythm that the children can identify with.

TEACHING POINTS

- This activity is ideal for developing fine motor skills and strengthens the small muscles in the hand and fingers as well as enhancing and control of the fingers.
- Depending on their age most children will use their dominant hand to perform the action (If the child has determined their dominant hand).

Extension of this activity: suitable for 3-7 year old children only

FINGER PUPPET

Use the finger puppet (image can be found in the Resources folder in this lesson pack)



Print off enough copies of the finger puppet for the number of children in your group.

It is recommended you use contact rather than laminate the finger puppets as the edges may get sharp, especially when the children insert their fingers.

- The children place their fingers in the holes of the finger puppet and 'walk' the puppet along the floor, up cupboards and along walls.
- Use the chant '*Funny Walk*' (see above) to accompany the actions. Repeat several times.
- Repeat the activity using music to accompany the finger puppet actions. The children move their fingers freely along the floor or along furniture to the music.

