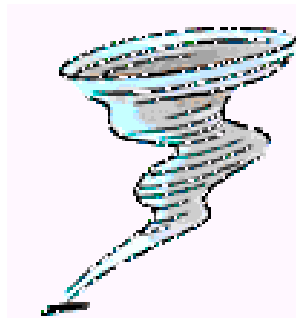


Movement to Music

– ELEMENTS



EXPLORING how the body moves &
CREATING movement to inspire
IMAGINATION...



Teacher's Note

Movement to Music Grade K - 3

- Take your time to explain what the children will be doing. You may tie this in with a topic you are covering.
- You may like to read a book that covers elements and climate first or just a related story.
- Sometimes there are two or three different stories that go with that element.
- Let the children listen to the music first. You may even want to read out the words you will be saying while listening to the music.
- Give the children plenty of time to explore each of the directions and their movements.
- It is written as you would direct the children.
- Repeat the exercise two or three times, this gives the children an opportunity to explore their ideas and their body further.



Space

10
Minutes

Movement to Music Grade K - 3

- Strap yourself into a rocket
- Count: 5,4,3,2,1 blast off

- Pretend you are rocketing up to the moon
- You land on the moon
- You are curious about the world around you
- You get out and walk very slowly
- Take some time to look around. Pick up moon rocks

- You see a Martian with three eyes. You feel scared
- You bound back to the spaceship
- You strap yourself in and fly back to earth
- You land back on earth and feel safe again

(Elements CD – Track 1 – song – aqua lounge)



Under the Sea

10

Minutes

Movement to Music Grade K - 3

- You are in a submarine.
- You are driving the submarine deep, deep under the water where no man has ever been.
- You see sea creatures that you have never seen before.
- You decide to get into your deep sea diving gear and go exploring under the sea.
- You swim around slowly looking under rocks. What do you see?
- Everything is so beautiful and silent.
- You see colorful coral and florescent colored fish.
- All of a sudden you see the biggest squid you have ever seen. It is coming after you. You swim back to the submarine.
- You are safe again.
- You drive your submarine back to the surface of the water.

(Elements CD – Track 2– song –‘Deep Blue’)



Lightening

10
Minutes

Movement to Music

Grade K - 3

- You are lightening flashing across the sky.
- Use your arms to strike out.
- Use your legs to strike out like flashes.
- Spin and turn as you strike out.
- Get down low, now jump with arms striking out. (You may want to use tambourine to have children freeze when it is over)

- You are a tree. Your legs are firmly planted to the ground.
- You are swaying wildly in the storm.
- You are being struck by lightening.
- You fall over.

- You are a person in your bed.
- You wake up to the sound of thunder and lightening flashing
- You get out of bed. You are feeling scared.
- You hide under your bed.
- The lightening has subsided.
- You feel calm again and you go to bed.

(Movement CD- Track 3 - song – ‘Epic’)



Movement to Music

Grade K - 3

Snow

10

Minutes

- You are snow drifting from the sky slowly.
- Flutter your fingers.
- Move your feet around, moving back and forth like drifting snow.
- Fall to the ground.

- You are a person walking around in the snow for the first time.
- You are amazed. You hold your hands out as you catch the snow in them. It feels cold. You try tasting it. It's cold on your tongue.

(Elements CD – Track 4 - song – ‘Sad Day’)



Wind

10
Minutes

Movement to Music Grade K - 3

- You are a kite blowing in the wind.
- Blow this way and that.
- Eventually you get stuck in a tree.
- You try to wiggle a bit to get free.
- The wind has picked you up, you are free.
- You fly around a little more.
- The wind dies down. You settle slowly on the ground.

- You are a feather.
- (Same as above)

- You are a balloon.
- (Same as above)
- You pop. (You may want to use the tambourine to indicate the pop)

(Elements CD –Track 5 - song – ‘Slow Motion’)



Volcano

10

Minutes

Movement to Music Grade K - 3

- You are a Volcano.
- Be on your knees. Be a ball.
- Slowly, rise up. Use your arms to be bubbling lava.
- Start to rise. Get onto your feet.
- Your arms are bubbling more and more. (let children take their time with this)
- Use your arms and body to explode.
- Use your arms and body to ooze down the side of the volcano mountain.

- You are a person in your house asleep.
- You wake up to a volcanic eruption.
- You look out the window in shock.
- You pack your bags in a hurry. You pack your car and drive away.
- You are safe from harms way.

(Elements CD – Track 6 - song – ‘Distant Shores’)



Rapid River

10
Minutes

Movement to Music **Grade K - 3**

- You are a river.
- Not moving your feet, you sway your arms slowly at first together to the left and then down and up and to the right. Backwards and forwards.
- Your arms are getting faster as you are heading towards a waterfall.
- There is a change in the music. This is where you tumble up and over the cliff as a waterfall.
- Your body lies down on the floor as you represent water fallen over the cliff.
- You are lying on the floor now as you slow down into a gentle river.

- This time you are in a boat.
- You are rowing the boat down a nice gentle stream.
- Suddenly the boat picks up speed as you head towards a cliff.
- The change in music represents you falling down the cliff.
- You get to the bottom. You are alright. You swim to shore and lie exhausted upon the sand.

(Elements CD – Track 7 – song – ‘Finally’)



Fire

10
Minutes

Movement to Music Grade K - 3

- Start of on your knees in a little ball
- You are a spark of fire, you start to just flicker your hands and fingers first.
- You start to grow bigger, now your arms are flying up in the air.
- You are getting bigger, you get up onto your feet and start to throw your whole body up and down, but not moving your feet yet.
- You jump from one spot to the next starting new fires along the way.
- The fire fighters are coming to put you out.
- You gradually get smaller and smaller until you fizzle out.

(Elements CD- Track 8 – song – ‘Monument Rising’)



Fire

Part 2

10

Minutes

Movement to Music

Grade K - 3

- Now you are a fire fighter.
- You are sitting in your station. You get a call that there is a bush fire.
- You jump up and get into your fire truck.
- You see the big fire.
- You get out the hose and start putting out the fire.
- The hose is really heavy and the fire is taking a long time to go out.
- Finally the fire dies down.
- You are exhausted but happy the fire is out.

- You are a person in bed asleep.
- You are woken up by the smell of smoke.
- There is a fire in the kitchen
- You call the fire brigade.
- You decide to wet some towels and hit the flames with wet towels.
- You are able to put the fire out yourself before the fire brigade comes.

(Elements CD–Track 8 – song – ‘Monument Rising’)



Earthquake

10
Minutes

Movement to Music Grade K - 3

- You are a person walking to school.
 - Suddenly the ground begins to shake.
 - It is an earthquake.
 - You find it very hard to walk.
 - Every time you take a step forward you fall over again.
 - You stand up and take two tentative steps forward and then you fall again and again.
 - Finally the earthquake stops and you are alright.
-
- You are a person in your home.
 - You are sitting down eating breakfast.
 - All of a sudden pictures begin to fall off the wall and things fall off the table.
 - It is an earthquake.
 - You hide under the table. You are safe there if the roof falls down.
 - The earthquake stops and you come out slowly.

(Elements CD -Track 9 - song –‘Narrow Escape’)



Sunshine

10
Minutes

Movement to Music

Grade K - 3

- You are a small flower.
- Start on your knees in a small ball.
- Start to open up your petals very slowly.
- You begin to grow slowly.
- Get one knee off the ground and then the other slowly until you are on your feet but knees bent.
- Slowly stand up straight
- Open up your petals wide to the sunshine.
- Enjoy the sunshine.
- Sway in the breeze slowly.
- Look back to the sunshine and enjoy it more.
- The sun is going down.
- Slowly close up your petals and bend your knees.
- Go back to being on your knees again slowly until you are a small ball again.

(Elements CD -Track 10 - song –‘Sunrise without you’)