

Movement as a Covert Operation

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The easiest way to include movement in your classroom is through moving silently through each and every transition during each and every class period. If you teach your students to do this, you will save a lot of time daily, and even more time during concert season. Please come to my Classroom Management session to see how this works, practically and by example.

Move Playfully:

In a Circle Dance Now

Jos Wuytack

In a cir-cle dance now, dance now, dance now, in a cir-cle dance now, hold-ing hands!

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Lai lai lai lai lai lai lai lai lai Hey!

2. Holding elbows... 3. Holding shoulders... 4. Holding ears... 5. Holding ankles, etc...

Movement Warm Ups – Small time commitment, Large payoff!

Walking in Jello: Whoa! Who filled the room with Jello?^[SEP]Ice? Water? Mud? Beach balls? Snow?

Whoa! Who jinxed my clothes? Magic Gloves, Magic Shoes, Magic Belts, Magic Shirts, Magic . . . ?

Move with Objects – Having something in their hands takes the mind off of any self-consciousness about moving and puts the thoughts onto the fun of the object they hold. Streamers, feathers, “jelly” toys, balls, beanbags, scarves, yarn balls, bubble blowers, fabric, stretch bands, fidget toys, instruments... anything you can put in their hands can work as a springboard to easy movement.

BRAINSTORM SESSION

The musical score is for the song "It's Raining, It's Pouring" in 4/4 time, key of B-flat major. It features a voice line and four instrumental parts: Glockenspiel (Glock), Saxophone (SX), Alto Saxophone (AX AM), and Bass Drum/Bass Maracas (BX/BM). The score is divided into two systems. The first system covers measures 1-5, and the second system starts at measure 6. The lyrics are: "It's rain - ing, it's pour - ing, the old man is snor - ing, he went to bed and bumped his head and could-n't get up in the morn - ing! Rain, Rain, go a-way, come a-gain a - no ther day..."

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C section: create a rainstorm – either with body percussion or with unpitched instruments. Half the class plays, the other half moves – it's raining! Where's your umbrella?

Group Juggle Pattern

Formation: circle

Everyone raises a hand. One person starts by tossing a soft ball, stuffed animal, etc. to a specific player who, in turn, tosses it to a player of her choosing and then leaves their hand down. Inform players that they are establishing an order. That is, every time they toss the ball, they will toss it to the same person. This continues until each person in the circle has caught the ball once, and a random sequence is established. After the sequence has been established, play a couple of rounds (going in the exact same order), and then introduce a second and third ball into play. Variation: introduce one ball that goes in the opposite direction!

YOU

Formation: Everyone in a circle.

Everyone raises his or her hand. The 1st person points to someone in the circle with his or her hand up and says "you." The person they pointed at does the same until everyone's hand is down, and the last person has pointed back to the 1st person, thus completing the circle.

Variations:

Players in turn take the "next" player's position in the circle; every time someone takes a player's position, that player leaves their spot and walks to the next

person and takes that position. Two people are constantly in motion. Everyone must pay attention, as they do not know when they will be chosen. Start with two (or three or even four when they get good) “Starters.” Everyone will be walking, everyone will be watching. Pay attention, and try to start walking as soon as you realize someone is intending to take your place. If you start with two, four people will always be walking. If you start with four, eight people will always be walking.

These games teach alert attention, instantaneous reaction, focus, and teamwork.

Get Knotted –

Everyone make a mass of people in the center. Everyone grab the hands of someone else – two different people – over and under those around you. Untangle yourselves. Without talking!

Dancing Instrument Circle

Each person has an instrument and improvises at will within an established steady beat. The leader taps individual drummers, which invites them into the circle to dance. When they are tapped again they rejoin the players in the circle.

Passing Space: Sitting or standing in a circle pass a ball of space around.

Make it smaller or bigger. Make it heavy or light.

Try a dance – a few students are given space to carry and pass. When you get the space, you can do with it as you please, then pass it to someone else.

Musical Chairs – when there is no chair, share a chair with someone else. You will end with two large groups dancing around one chair.

How to make 2 concentric circles:

Partners back to back.

One partner in each duo leaves their partner. These people make a circle, holding hands.

The partners on the outside of the circle stand behind their partner (who is in the circle).

Students in the inner circle drop hands, and turn around, now facing their partner.

