

WALKING

Heel ball toe
Good posture
Arms swing naturally
Look where you're going

Walk like a robot
Walk like a ballerina (on tip toes)
Walk (on your heels)
Walk like a soldier
Walk like a penguin (toes out)
Walk like a pigeon (toes in)
Walk like a duck (knees bent)
Walk like a tight rope walker
Walk like a
Walk like a
Walk like a
Walk like a

Big giant steps
Little baby steps
Loud steps
Quiet steps

On the inside of foot
On the outside of foot
Criss cross
Forward
Backward
Sideways
In a circle
In a Zig zag
In a straight line
Up high
Down low
In the middle

Posture:
Inner winner (head up, pull belly button in)
Butterfly arms
Eagle arms
Hummingbird arms

Rhythms/Dances:

Bluebird through the window *Singing Games* (Album 1,2,3) by Bowmar records, Inc.

Rig a jig jig *Singing Games* (Album 1,2,3) by Bowmar records, Inc.

Muddy water puddle (use hoops for puddle) (Sally the Swinging Snake)

Sally go round the sun (jump jim joe)

Noble Duke of York (jump jim joe)

Circle round the zero (jump jim joe)

Dancing robots (You can dance)

Heel toe (Here we go Loopty Loo)

Just stroll (You can dance)

Around the Rosey (You can dance)

You can, can can: march, lift/kick (You can dance)

Roger is dead (Down in the valley)

Charlie over the ocean (Here we go Loopty Loo)

The old brass wagon (Down in the valley)

Up and Down a mountain (sally the swinging snake)

Games:

Walking Partner tag

Traffic jam

Bean bag freeze

What time is it Mr. Fox?

Using a rope:

Walk with the rope between the feet

Go F and B

Walk F with the feet on the rope

Walk S with the feet on the rope

Walk B with the feet on the rope

Wall crossing left over rope and right over rope

Step over the rope R to L and L to R

Make it a circle and step and leap over rope

Hop and jump

Walk following a partner

Lead your partner

Change how you walk and copy each other

Make up a butterfly dance: pick a number and use that number of steps: move away from and each other and come back and do a high 5 or 10, move away again doing a different way of walking (T can keep a beat with drum or other instrument)

Make a pattern of different walking steps: pick a number (eg. 3): do three steps of ballerina, three of soldier, three duck and repeat it three times

Show your pattern to a partner and watch your partner's pattern

Show the class your pattern.

