

ANIMAL WALKS

» OBJECTIVE

For players to individually enact the movements of the story

» PLAYERS

Any number

» EQUIPMENT

None required

» SETUP

Players are in a scattered formation around the room.

» INSTRUCTIONS

1. Players move around the room, acting out different animals. For example, a lumbering bear, a hopping bunny, a jumping frog, a slithering snake, a waddling penguin or seal, a galloping horse, a flying or hopping bird, a walking chicken, a rumbling elephant, a chopping crocodile. . . . Ask the players for more ideas!
2. Animals can move with or without sound.

» VARIATION

Use the following story with players in kindergarten or a primary grade.

Active Animal Story

Read each bold word to your players, and have them mimic it. Then read the following story and have the players act it out. Allow a pause after each bold word in order for players to have the opportunity to move like that animal for a few seconds.

On a rainy day, the players went on a water trip in their **rowboat** with their **lame dog**. It barked all day because a **crab was pinching its tail**. **Lightning struck a tree**, and a **log hit the boat**. The **players ran** for cover ashore, but a bear blocked the way to the woods. It didn't help that a **slimy snake slithered** in the grass nearby. Even the **frogs had to jump** for cover. Suddenly a **kangaroo hopped** to the rescue but stopped short when an **alligator crawled** into sight. It was only **sunning itself**, but soon a **cat chased a mouse** across the path. This frightened a **rabbit**, and it **hopped quickly** behind a bush. The gate to the zoo was nearby, and statues of eagles guarded it, but the **players ran** past them into the penguin house and saw the **seals as they slid off** the ice and into the cold water. The donkeys were around the corner next to the cage for the gorillas, but when the **inchworm crossed** the path of the frightened players, they decided to **gallop like the horses** and **leap like the antelope** back to the bus for safety. They **sat down quietly** on the bus. The rainy day was full of adventure!

AEROBICS

Count	Instruction or pattern
16	Introduction.
16	March on spot.
32	March and breathe (4 counts up, 4 counts down).
16	March wide.
16	March wide 3 times, tap in L. Repeat sequence 3 times.
32	Squat (2 counts down, 2 counts up). With feet shoulder-width apart, arms reach out front and back down to hips.
32	Quarter turn to right wall, lunge (2 counts down, 2 counts up). Arms press out from the chest.
32	Half turn to left wall, lunge (2 counts down, 2 counts up). Arms do triceps extension.
16	Face center again. Squat (2 counts down, 2 counts up). Feet are shoulder-width apart. Arms reach out front and back down to hips 4 times.
16	Squat and pulse 7 times. On count 8 bring R foot in to meet L.
16	Grapevine 4 times.
16	Grapevine with gluteal kick 4 times.
8	V step right 2 times.
8	V step left 2 times.
Chorus	
8	March forward 4 times, tap out R, L.
8	March back 4 times, tap out R, L.
8	Jog forward 4 times, tap out R, L.

500 students and teachers through the routines together. When you have everyone singing, smiling, and moving at the same time, it is so easy to see why this program is such a success and beneficial to all. The leaders have also had the opportunity to travel to different elementary schools within our community to demonstrate a variety of the routines. This allows me the opportunity to share with other teachers how the program works at Highland and answer any questions they might have.

The feedback we have received from the parent community is amazing. They love the program and support it in any way they can. Because their children were constantly talking about daily physical activity at home, many of them began coming into the school to see the kids in action. I then began hearing things like, "I can barely get my child out the door because she is so busy dancing and singing her way through her regular morning routine! I love it!" or "What a great way to model the importance of staying active, even in the classrooms," and "They are even teaching us the routines at home!" I can say with confidence, that this is a very contagious program that is being shared at school level, in the home, and within our community.

MORTON WAY PUBLIC SCHOOL

If you want to motivate students to move, play music. Then teach them some routines to music. There are many terrific routines described in this resource, and it is simple to make up your own to your favorite tunes, using the Funky Moves cards found in chapter 7. At Morton Way Public School in Brampton, Ontario, performing routines to music has become, well, routine. The students in grades 1 to 5 are exposed to dozens of dances in physical education and music classes, in daily physical activity, as warm-ups for cross country running, during assemblies, and even out on the playground when the stereo is rolled outside for Fitness Fridays.

Every year, Morton Way holds a Moo-vathon (with a cow theme and plenty of incentives to get students "moo-ving"). Students collect money from sponsors, then, on Moo-vathon day, they come to the gym by grade level for 40 minutes of nonstop routines, most of which are featured in *Everybody Move!*

On inclement weather days when the students can't go outside for recess, either all the primary students or all the junior students are invited to the gym to get active to music. This gives the students another opportunity to get their hearts pounding and their muscles moving. At the end of the recess, students are ready to get back to learning in the classroom.

Active Assemblies are also part of the Morton Way culture. As students enter and exit the gym, familiar music is played. As soon as students hear the music, they start moving, even if they are still in the halls. The Active Assemblies routines feature hand movements, so they can be performed while seated. Entries and exits run smoothly, as students are engaged in the activity, and everyone is left with smiles on their faces. The Active Assemblies routines are included in this resource. They include Agadoo, Bring It All Back, Get Ready for This, Hey Baby, Lollipop, and Reach.

Music seems to put everyone in a good mood, and it does wonders for school spirit. Give it a try—it's contagious!