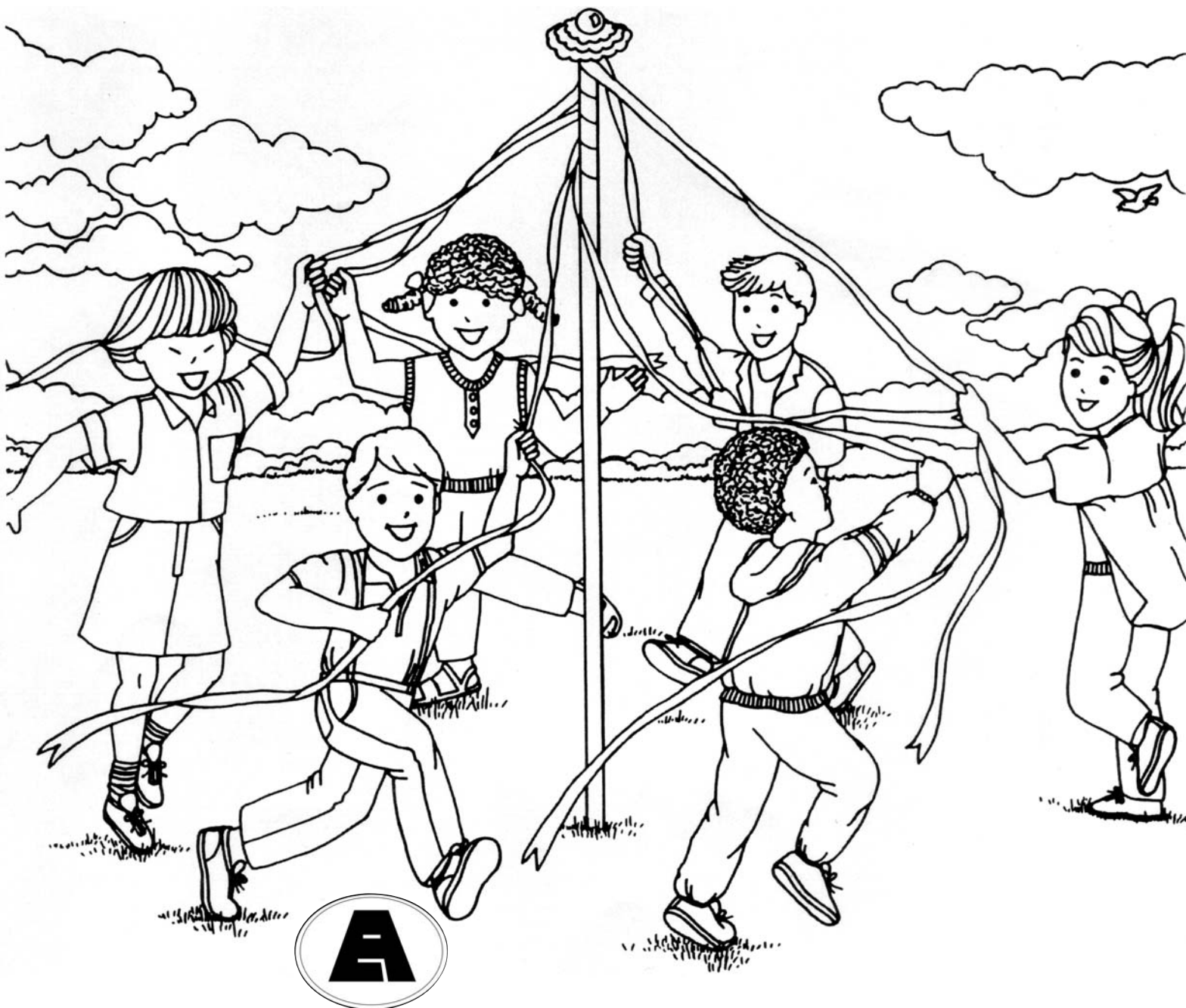


☆☆☆ Children's All-Star ☆☆☆

Rhythm Hits

By Jack Capon & Rosemary Hallum, Ph.D.

With special material by Henry "Buzz" Glass • Music by Del Casher



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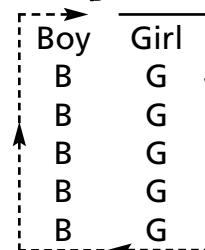
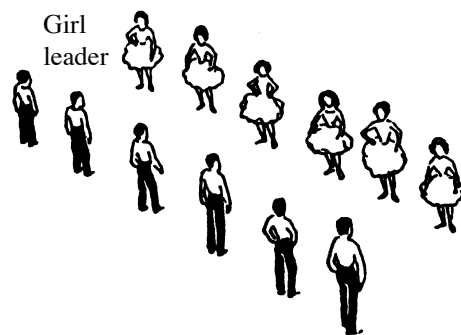
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PAW PAW PATCH

MUSIC: Paw Paw Patch

FORMATION: Column of 6 couples facing each other, girls on the R.
(For a large class, have 2-5 separate sets of 6 couples each.)



DIRECTIONS

All sing while doing the actions.

MEASURES

WORDS

ACTIONS

1-4 INTRODUCTION

Wait in place.

1-8 1. WHERE OH WHERE IS SWEET LITTLE
_____? (Sing name of girl leader)
(Sing 3 times)
WAY DOWN YONDER IN
THE PAW PAW PATCH.

LEAD GIRL SKIPS AROUND
Girl leader ("head lady") turns to the R ("casts off") and takes 16 skipping steps around the set of girls and boys and back to place (see diagram). Others stand in place, clap, and tap foot.

9-16 2. COME ON BOYS, LET'S GO FIND HER,
(Sing 3 times)
WAY DOWN YONDER IN
THE PAW PAW PATCH.

LEAD GIRL & BOYS SKIP AROUND
Lead girl repeats same action, followed by all the boys in line; all return to original position. Other girls stay in place, clap, and tap foot.

17 -24 3. PICKIN' UP PAW PAWS,
PUT 'EM IN YOUR
POCKET,
(Sing 3 times)
WAY DOWN YONDER IN THE PAW PAW
PATCH.

(Musical interlude)

EVERYBODY SKIPS
All join inside hand with partner. Lead girl repeats action (this time with her partner), followed by other partners, all skipping. On "Pickin' up," all pretend to pick up paw paws: lean forward, do scooping motion with free hand, pretend to put paw paw in pocket.

Return to original position. Head couple immediately separates, casts off (girls going R and boys L), moving to the end of the line ("foot of the set") where they remain. Others remain in place.

Repeat all.

Repeat all, with new girl leader each time.

TIP

★ Tell children that paw paws are large, edible yellow fruits that grow on small trees in the Southern U.S. They fall to the ground when ripe.

VARIATIONS

★ Do the whole action with boy as a leader. He casts off to the L.

★ Very young children may sit, sing, and do simple motions:

Part 1: Put hand over eyes and look around (for "sweet little _____").

Point far away ("Way down yonder").

Part 2: Beckon, then point far away.

Part 3: Pretend to pick up paw paws and put them in pocket. Point far away.

THIS IS WHAT I CAN DO

MUSIC: Traditional

FORMATION: Your choice of:

- Informally scattered
- Sitting in circle
- Standing in circle

Leader may be in the middle of the circle or not.

DIRECTIONS

All sing while doing the actions.

WORDS

THIS IS WHAT I CAN DO,
EVERYBODY DO IT TOO,
THIS IS WHAT I CAN DO,
NOW I PASS IT ON TO YOU.

(Musical interlude)

ACTIONS

As in Follow the Leader, choose someone to be “It” and all follow It’s motions. It chooses someone else to be leader.

New leader gets ready. Continue, with a new leader each time.

VARIATIONS

★ Try doing the game:

- In different body positions (sitting, kneeling, balancing on one foot, etc.)
- Using a specified number of body parts (1-4).
- Using motions that are straight/curved/zigzag.

★ Do the game with partners, as a Mirror Game:

Verse 1: Partner #1 initiates the motion and #2 mirrors it.

Interlude: #1 points to #2.

Verse 2: Partner #2 is the leader.

Continue. For added fun, at some point(s) during the game, teacher or leader may give signal to

Change Partners.

MAYPOLE DANCE

(Simplified version)

MUSIC: Traditional

FORMATION: Single circle around Maypole, all facing center, girl on partner's R.

DIRECTIONS

MEASURES

(2 counts
per measure)

3 chords

1-8
Clapping sound
9-16

1-2
3-4
5-16
Clapping sound

1-4
5-8
9-16
Clapping sound

1-4
5-8
9-12
13-16
17-28
29-32

1-8
Clapping sound
9-16

1-16
Clapping sound

INTRODUCTION

All join hands in circle.

1. CIRCLE

All walk 16 steps L (CW) in circle.
Thrn (CW) to face opposite direction.
All walk 16 steps R (CCW) in circle.

2. IN & OUT

All walk 4 steps in toward Maypole, raising joined hands.
All walk 4 steps backward, lowering hands.
Do "In & Out" actions of measures 1-4 a total of 4 times.
Release hands and face partner.

3. ELBOW TURN

Do a R elbow turn with 8 walking steps.
Release arms and slowly bow/curtsey to partner (8 counts).
Repeat actions of meas. 1-8.
Face Maypole.

4. GET RIBBONS

Girls walk forward 8 steps,
pick up ribbon with RH (8 counts),
return to place with 8 steps.
All slowly bow/curtsey to partner
BOYS do actions of measures 1-12
All slowly bow/curtsey to partner.

5. CIRCLE WITH RIBBONS

Repeat Pattern 1: Walk 16 steps L (CW) in circle.
Changing ribbon to LH, turn to face opposite direction.
Walk 16 steps R (CCW) in circle.

6. IN & OUT WITH RIBBONS

Returning ribbon to RH, repeat Pattern 2, raising and
lowering ribbons instead of joined hands.
Face L (CW) in circle

MAYPOLE DANCE (continued)

7. CIRCLE WITH RIBBONS

1-16

Repeat Pattern 5.

8. ENDING

3 chords

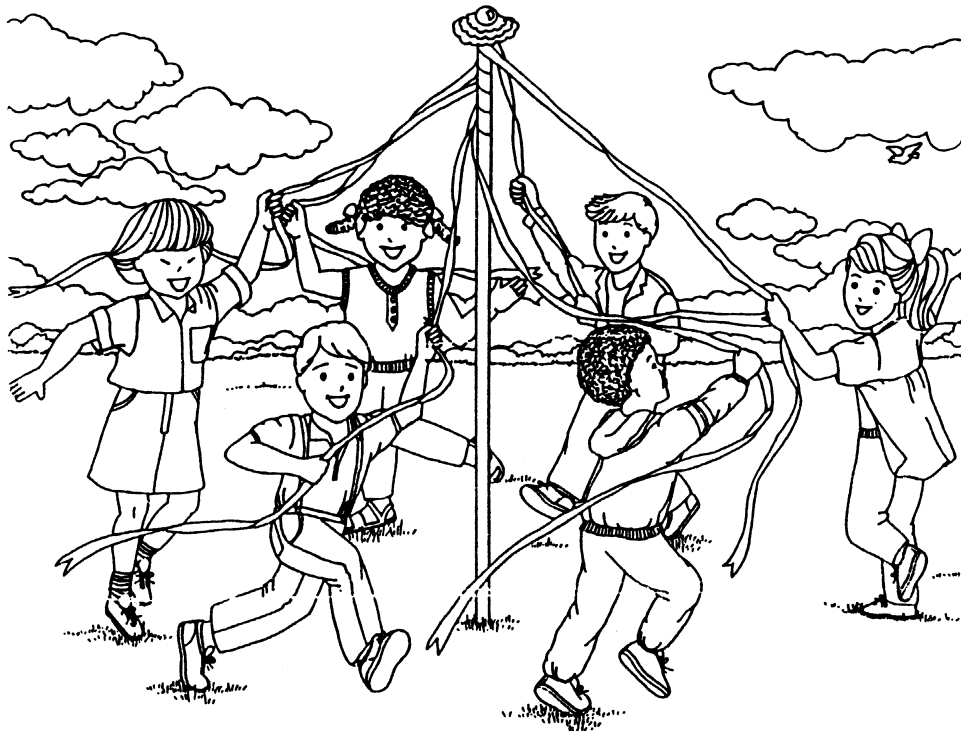
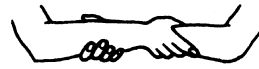
Release ribbon and bow/curtsey to partner.

TIPS

- ★ Teach the patterns without music or ribbons first, then with music, and finally using ribbons.
- ★ If you want music for an entrance or an exit, use appropriate music of your choice.

VARIATIONS

- ★ Substitute skipping instead of walking steps.
- ★ Instead of an elbow turn in Pattern 3, use a forearm turn (grasp forearms instead of linking elbows).
- ★ In Pattern 6 a more mature class can alternate girls and boys going in and out with ribbons: girls, boys, girls, boys, 4 measures each.



MICHAEL ROW THE BOAT ASHORE

MUSIC: Traditional spiritual

FORMATION: Informally scattered, or in rows (as if in rowboats)

DIRECTIONS

Sing and do the actions.

WORDS

Chorus MICHAEL ROW THE BOAT
ASHORE, HALLELUJAH!
(Repeat) (Sing the chorus after
each verse.)

ACTIONS

Pretend to row boat.

Verses 1. SISTER, HELP TO TRIM THE
SAIL. HALLELUJAH! (Repeat)



Alternate hands pull downward, as if adjusting sail.

2. THE RIVER IS DEEP AND
THE RIVER IS WIDE,
HALLELUJAH!



Place one hand high and the other hand low (in a
vertical line to indicate "deep"). then hands wide
apart (horizontally to indicate "wide").



3. MICHAEL'S BOAT IS
A ROCKIN' BOAT,
HALLELUJAH!



Rock rhythmically from side to side, snapping
fingers and using own style.

FITNESS ON PARADE

MUSIC: Original by Del Casher

FORMATION: Single circle, all facing in a counterclockwise direction.

DIRECTIONS

Voice cues on record give basic directions throughout.

MEASURES	INTRODUCTION
1-2	March in place.
1-8	A. MARCH IN CIRCLE March around circle counterclockwise.
Drum roll	Stop and face center of circle, listening for exercise direction.
1-8	B. PERFORM EXERCISE Perform exercise as directed by voice cues.
Drum roll	Stop and face R (CCW) in circle, marching in place. Continue this sequence of Marching, then Performing Exercise.

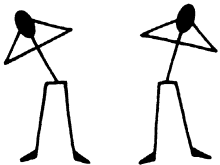
ORDER OF EXERCISES



1. **KANGAROO JUMPS**
Jump lightly in place with arms held kangaroo fashion (elbows bent and wrists bent).



2. **WING STRETCHER**
Bending elbows at shoulder level, stretch arms back 3 times (maintaining bentelbow position throughout), clap hands. Do this pattern 8 times.



3. **BODY BENDER**
Holding hands behind head and keeping trunk of body facing forward throughout, bend body sideward L 3 times, stand erect. Bend sideward R 3 times, stand erect. Do this pattern 8 times.

4. **ALTERNATE HOPS**
Hop on L foot 8 times, R foot 8 times. Repeat pattern.



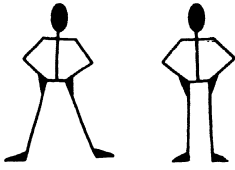
5. **ARM CIRCLES**
With arms sideward and palms down, circle arms forward 8 counts and backward 8 counts. Repeat pattern.

6. **HIGH-STEPPING HORSES**
Lift L knee and grab it with both hands (counts 1-2); release and step L in place (cts. 3-4). Repeat with R knee. Do pattern 4 times.

FITNESS ON PARADE (continued)

7. STRADDLE JUMPS

With hands on hips, jump apart-together 16 times.
(Older children may do jumping jacks.)



8. ARM FLINGS (pattern is Out-In-Forward-In)

Out: "Fling" arms out sideward, palms down.



In: Bend elbows and swing forearms in so fists lightly touch chest.



Forward: Thrust or punch both fists forward.



In: Repeat "In" motion above.



Do this pattern 8 times.

POP GOES THE WEASEL

“Pop Goes the Weasel” is one of the most popular American folk dance tunes. It has been used for many activities by children and grownups alike, including couple dances, square dances, contra dances, and play-party games. Here are two of the best-known versions.

MUSIC: Traditional

(1) DANCE IN THREES



FORMATION: Sets of three abreast, preferably one boy in between two girls, inside hands joined. All face counter-clockwise in circle.

DIRECTIONS

All sing while doing the actions.

MEASURES

WORDS

ACTIONS

1-2

1. ALL AROUND THE COBBLER'S SHOP

All walk forward.

3-4

THE MONKEY CHASED THE WEASEL,

5-6

IN AND OUT AND 'ROUND ABOUT,

7-8

“POP!” GOES THE WEASEL!



Make a circle of three (by outside dancers joining outside hands) and circle left.

Outside dancers raise their hands and “pop” the center dancer under the arch and on to the next couple.

9-16

2. A NICKEL FOR A SPOOL OF THREAD,
A PENNY FOR A NEEDLE,
THAT'S THE WAY THE MONEY GOES,
“POP!” GOES THE WEASEL!

Repeat actions of measures 1-8 with new set of three.

Continue repeating whole dance with new set of three each time.

TIPS

- ★ Walk through the actions before doing them with the music, so that children will be familiar with the sequence and direction. ~
- ★ Vocabulary: cobbler (shoemaker).
- ★ For added fun, choose volunteers to provide a different sound effect on each “Pop!”

POP GOES THE WEASEL (continued)

(2) DANCE IN FOURS



FORMATION: Double circle with sets of two couples facing each other. Partners join inside hands, with girl at boy's right. Couples facing counterclockwise are #1, facing clockwise are #2. All sing throughout.

DIRECTIONS

MEASURES

WORDS

ACTIONS

1-2

ALL AROUND THE COBBLER'S SHOP

CIRCLE LEFT

3-4

THE MONKEY CHASED THE WEASEL,

Each set of 2 couples joins hands forming a circle and circles L once around with 8 skipping steps. End in original position.

IN AND OUT AND ROUND ABOUT,

2 STEPS FWD & 2 STEPS BACK

Each couple joins inside hands and takes 2 steps forward, raising joined hands, and 2 steps backward, lowering hands.

7-8

"POP!" GOES THE WEASEL!



ONE "POP" TWOS UNDER

Couple #1 raises joined hands to form an arch. Couple #2 passes under. All walk ahead to meet new couple.

Repeat all.

THE RAIN IS FALLING

By Henry "Buzz" Glass

MUSIC: Original by Del Casher

FORMATION: Your choice of

- Scattered informally
- In lines facing forward
- In circle

DIRECTIONS

All chant the words while they do the actions

MEASURES

WORDS

ACTIONS

1-4 INTRODUCTION

Wait in place.

1-8 1. THE RAIN IS FALLING,
FALLING DOWN
(Chant 4 times)

Extend arms overhead, wave arms back and forth in time with music, gradually lowering arms each time. On the word "down," slap knees. Do this sequence 4 times.

1-8 2. PITTER PITTER PATTERN
(clap) (clap) (slap)
(Chant 4 times)

Clap twice, slap stomach area. Do 4 times.

1-8 3. DRIP DRIP DROP
(Flick L) (L) (L)
DRIP DRIP DROP
(Flick R) (R) (R)
(Chant twice)

Flick fingers of both hands downward on L side of body 3 times. Flick on R side 3 times. Repeat sequence.

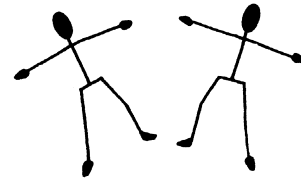
Repeat whole activity 3 more times.

TIP

★ To promote language development, students should chant the words as they do the movements.

VARIATIONS

- ★ Part 1: "Twinkle" fingers while doing the motions.
- Part 2: Slap hips twice, clap hands once.
- Part 3: With feet shoulder width apart and arms extended sideward, lean body LRL, RLR, etc. Free foot may lift off the floor.



★ Have children create their own movements.

VIRGINIA REEL

(Simplified version)

The Virginia Reel, one of the most popular American dances, has many variations. This is a simplified, “all active” version suitable for children, omitting the reel.

MUSIC: Traditional tunes

Voice cues on the record will guide children in performing the actions.

FORMATION: A “longways” set of six couples in two parallel lines facing each other (see sketch).

Head Couple

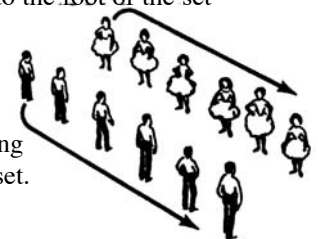


DIRECTIONS

MEASURES

ACTIONS

- | | | |
|-----|---------------------------------|---|
| 1-2 | INTRODUCTION | Boys bow and girls curtsy to partner. |
| | 1. FORWARD & BACK TWICE | |
| 1-4 | | Walk forward 4 steps, then backward 4 steps. |
| 5-8 | | Repeat actions of measures 1-4. |
| | 2. R.H. AROUND & L.H. AROUND | |
| | | Partners walk forward, join right hands, walk once around clockwise, then release hands and return to place. |
| | | Repeat action, using left hands and turning counterclockwise. |
| | 3. BOTH HANDS AROUND & DO-SI-DO | |
| 1-4 | | Repeat action, using both hands and turning clockwise. |
| 5-8 | | Walk forward passing partner by R shoulder, continue back-to-back and return to place, passing L shoulder (always facing the same direction throughout the do-si-do sequence). |
| | 4. HEAD COUPLE DOWN & BACK | |
| 1-4 | | Head couple joins both hands and “sashays” down the center to the foot of the set with 8 sliding steps. |
| 5-8 | | Sashay back to place with 8 sliding steps. |
| | 5. CAST OFF | |
| 1-8 | | At the change of music, the head couple “casts off,” boy turning L and girl turning R, each leading their line to the foot of the set. |
| | 6. FORM THE ARCH | |
| 1-8 | | Head couple, having reached the foot of the set, joins hands and raises them to form an arch. Others, now led by the second couple, join inside hands as they go under the arch; when through the arch they join both hands and sashay (slide) back to position. Second couple leads to the head of the set and becomes head couple for the next repetition of the dance. When all have gone under the arch, couple making the arch drops hands and steps back to become the foot couple. |



Repeat whole dance with new head couple. The music goes 6 times through so each couple has a turn to be the leader.

TIP

- ★ Walk through the actions without the music first so children are familiar with the formation, steps, and directions of movement.
- ★ For information on the reeling step, refer to Olga Kulbitsky’s Teachers’ Dance Handbook (Newark, NJ: Bluebird Publishing)

VARIATIONS

- ★ In Part 2 hook elbows (instead of joining hands) and do an “elbow swing” around.
- ★ In Part 6 walk back to position instead of sashaying.

BINGO



MUSIC: Traditional

FORMATION: Double circle of couples facing counterclockwise, boy on the inside. Join inside hands.

DIRECTIONS

All sing and do the actions.

MEASURES

ACTIONS

- 1-8 **A BIG BLACK DOG SAT ON THE BACK PORCH
AND BINGO WAS HIS NAME** (sing twice)
All walk counterclockwise around the circle.
- 9-12 **B-I-N-G-O, B-I-N-G-O,**
All face center and join hands to form single circle, girls on partner's R. Walk 4 steps in to center of circle, lifting joined hands. Walk 4 steps back to place, lowering hands.
- 13-16 **B-I-N-G-O, AND B-I-N-G-O WAS HIS NAME-O**
Walk 4 steps in again, lifting hands. Walk 4 steps back and face partner.
- 17 **B!**
Begin Grand Right and Left.
Claps partner's RH and call out "B!"
- 18 **I!**
Pass R shoulders and grasp next person's LH, calling out "I!"
- 19 **N!** Pass L shoulders, grasp next person's RH, call out "N!"
- 20 **G!** Pass R shoulders, grasp next person's LH, call out "G!"
- 21-22 **O!** Pass L shoulders, go on to next person - your new partner - and swing both arms up, calling "O!"

Repeat whole dance, with a new partner each time.

HEAD AND SHOULDERS

MUSIC: London Bridge **FORMATION:** Standing informally scattered.

DIRECTIONS

MEASURES

ACTIONS

- | | |
|-------|--|
| 1-6 | 1. HEAD AND SHOULDERS, KNEES AND TOES,
KNEES AND TOES, KNEES AND TOES,
HEAD AND SHOULDERS, KNEES AND TOES,
Sing and touch body parts named. |
| 7-8 | GO A LITTLE FASTER.
Clap 4 times. |
| 9-16 | 2. Repeat at slightly faster tempo. |
| 17-24 | 3. Repeat at faster tempo, ending with ALL SIT DOWN.
On "sit down" sit and fold hands.
Repeat all. |

VARIATIONS

- ★ Younger class may do the actions sitting down and may omit the clapping.
- ★ More mature class may substitute own words, for example:
 - Head and shoulders, ankles and nose
 - Neck and elbows, knees and toes.

ZOOM BALL

MUSIC: Sweet Georgia Brown

FORMATION: Two separate circles with an equal number of children standing in each circle.
Each circle has a 7-8" rubber ball or other small ball such as a nerf ball.

DIRECTIONS

Zoom Ball is a rhythmic ball-passing game in which each of two teams attempts to pass the ball as quickly as possible around their circle as many times as they can. The changing tempo of the music provides additional interest and excitement.

- Each circle chooses a leader. Leaders hold the ball overhead and, at the "Zoom" signal in the music, toss the ball underhand to the person on the right. (Note: An underhand rather than an overhand toss is used for better control.) Continue, with each child getting a turn.
- When the ball has traveled around the circle once and gets back to the leader, everyone in the circle calls out "One!" Continue in similar fashion, calling out "Two," "Three," etc. The circle completing the most times around by the end of the music is the winner.

TIPS

- ★ Have children prepractice two-handed underhand tossing
- ★ Do the game without music at first.
- ★ Teach children to watch the ball carefully and have their hands ready ("form a pocket") to catch the ball.
- ★ Equal spacing of children around the circle is very important for team success.

VARIATIONS

- ★ Younger children who haven't yet developed tossing and catching skills may do the game:
 - Sitting and handing the ball to the next person.
 - Standing close together in a circle and handing the ball to the next person.
- ★ Do the game in a noncompetitive manner, Hot Potato style. Use one or two circles, as desired.