

## LEARNING By DOING, DANCING and DISCOVERING

By Henry "Buzz" Glass

### THE FIFTH OF BEETHOVAN (4/4)

Track 1. Instruction

Track 2. Music

**Formation:** Circle of 8-12 persons all facing the center of the room. Each person becomes a leader. Or, lines facing forward with leader in front. Movements may be done sitting or standing, with or without partners.

This is a follow the leader activity. Each person acts as the "Leader", leading a single action for 8-32 counts. Teacher then cues, "Next Leader" It is suggested that the teacher be the first leader to show the variety of movements possible.

#### MEASURES

2 measures

music as needed

#### ACTIVITY

Introduction

1. **Be An Orchestra Leader;** swing arms down and up, swing arms in and out, point right and then left hand forward alternately, tap fists together.
2. **Do An Exercise;** e.g., jumping jacks, rope skipping, bending, stretching, etc.
3. **Do A sports Action;** e.g., bounce a ball (left and right), swim, paddle a canoe, skate, swing a racquet. Use movements from basketball, baseball, football, hockey.
4. **Do A Work Movement;** e.g., dig, chop, mow, rake, pound, pull, push, lift.
5. **Do A Dance Action;** e.g., twist, stamp left foot beside right, place left heel forward and back, place right heel forward and back, in place step right-left-right and then left-right-left, hop, bounce in place, do a two-step.
6. **Play An Instrument;** e.g., drum, flute, violin, guitar, maracas.
7. **Do A Simple Action;** e.g., simulate action of windshield wipers pull elbows back twice and clap hands three times, roll arms, shake hands, pick fruit, be a machine, etc.

# DUTCH WOODEN SHOES (4/4) Adapted Flemish Folk Dance

Track 3. Instructions

Track 4. Music

**Formation:** Form a single circle or concentric circles, all facing forward counterclockwise with hands on hips. Allow room between each dancer. The dance is done without partners.

## MEASURES

## ACTIVITY

4 measures

Introduction

### 1. Part A: Running Steps Forward

1-4

Beginning with left foot, take 16 running steps forward counterclockwise. Do last 4 steps in place.

### Part B: Running Steps In Place

5-8

Beginning with left foot, take 16 running steps in place. Allow left and right feet to alternately move sideward, slightly off the ground.

9-16

Repeat the steps of measures 1-8 (Parts A & B).

### 2. Sideward Left, Sideward Right, and Stamp

1-4

Move sideward left, left/right/left, hold. Move sideward right, right/left/right, hold. In place stamp 7 times (left and right) and hold.

5-8

Repeat the steps of measures 1-4.

## WORDS

1.

Part A: Oh, the little Dutch Boy and the little Dutch girl,  
They have their wooden shoes.

Part B: They like to clomp along the street,  
The sound of their feet makes news.  
(Repeat A and B 2 times)

2.

Chorus: Oh me, oh my, oh me, oh my,  
The shoes go dancing by.  
Oh me, oh my, oh me, oh my,  
The shoes go dancing by.

## AROUND WE GO (UGA, UGA, UGA) (4/4 OR CUT TIME)

### Israeli Singing Game

Track 5. Instructions

Track 6. Music

Uga, Uga, Uga, (Ooga, Ooga, Ooga) is an Israel children's singing game. Uga Has two meanings in Hebrew. It is the word for circle and the word for cake Perhaps dancing this happy circle dance is like eating cake.

**Formation:** All join hands in a single circle. NO partners are necessary. Teacher leads and students respond with appropriate action. (4 measure Introduction)

#### WORDS

1. 'Round and around and around,  
(Uga, Uga, Uga)

Let's go in a circle.

(Ba-ma-gal na-chu-ga)

We'll go 'round all the day,

(Nis to ve va kol ha-yom)

'Til we find a place to stay.

(Ad a-sheer nim-za ma-kom)

2. To sit and get up.

(La-she-vet la-kum)

To sit and get up.

(La-she-vet la-kum)

To sit... to sit... to sit all day.

(La-she-vet, la-she-vet)

(La-she-vet kol ha-yom.)

#### ACTIVITY

Circle left or right with 16 walking steps.

STOP on the word "stay."

Sit and get up.

Sit and get up.

(May do a semi-squat instead)

Remain sitting.

At the end, stand, ready to repeat the dance. Use the last 4 beats as cue to begin again.

#### Suggestions:

1. In place of walking, skip, slide, or gallop around the circle.
2. More mature children may circle left and then right.
3. For creative experiences, explore sitting and getting up, each time ending sitting a different way.

# SALUTE TO THE FLAG (COLONEL BOGEY MARCH) (4/4)

## Psychomotor, Creative Movement

Track 7. Instructions, Music and Voice Cues

Track 8. Music Only

**Formation:** Lines facing forward or scattered informally. No partners are necessary.

MEASURES	WORDS	ACTIVITY
1 measure	Introduction	
	<b>1. March/Use Your Arms</b>	
1-8	March, march, everybody march March, march, everybody march March, march, everybody march March, march USE YOUR ARMS.	March in place.
9-16	Arms, arms, use your arms. Arms, arms, use your arms Arms, arms, use your arms Arms, arms LET'S EXERCISE.	In place use arm movements to march tempo, e.g., down and up, stretch overhead, Push and pull, swing, etc.
	<b>2. Exercise/Do Your Own Thing</b>	
1-4	Jump, jump, jump, jump, everybody jump. Jump, jump, jump, jump, everybody TWIST.	Create your own style of jumping, e.g., apart and together, forward and backward, etc. Twist
5-8	Twist, twist, everybody twist. Twist, twist, and DO YOUR OWN THING	sideward left and right in place.
9-16	Go, go, go, go, do your own thing. Go, go, go, go, do your own thing. Go, go, go, go, do your own thing. Go, go, go, go FREEZE RIGHT NOW.	Create own movements. End in freeze position.
	<b>3. Salute/Play In the Band</b>	
1-8	Attention, salute stand at ease. Attention, salute stand at ease. Attention, salute stand at ease. Attention, salute, PLAY IN THE BAND.	Stand at attention 2 counts. salute for 2 counts. stand at ease, feet astride, 4 counts. Repeat for 4 series.

9-13	Play, play, play in the band. Play, play, play in the band. Play, play, play in the band. Play, play, LET'S MOVE AROUND.	Play instruments as; drums, trombone, flute, cymbals, or Swing baton
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#### 4. Move Around Freely

1-8	Move, move, move, move, go all around. Move, move, move, move, go all around. Move, move, move, move, go all around. Move, move, move, and now settle down.	Move around freely without bumping-march or use any locomotor movements, e.g., walk in a circle in place.
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### SWING AND CLAP (WORK ON ME) (4/4) -Sitting or Standing Dance

Track 9. Instructions

Track 10. Music

**Formation:** Sit at desks or on the floor. No Partners.

Sitting Down Dances provide for quick and easy dancing, good control and save moving furniture.

#### MEASURES

#### ACTIVITY

4 measures

Introduction

#### 1. Bend and Clap-Clap, Shake Your Hands (sitting)

1-2

Bend forward from the waist while at the same time crossing hands at knee level (count 1). Straighten up (count 2). Clap hands twice just above waist level (counts 3-4). This is on complete measure. Repeat all of the activities of measure 1 (counts 1-4).

3-4

Shake both hands twice to the left side and twice to the right side.

Twist slightly while shaking hands. Repeat

5-8

Repeat the activities of measures 1-4.

#### 2. Walk and stamp (standing)

9-16

Lift feet in place pretending to take 4 walking steps left/right/left/right (counts 1-4). Stamp the left foot 4 times beside the right (counts 1-4).

Repeat 3 more times (4 times in all).

**Variation:** Step 1: Do these activities while standing.

Step 2: Walk forward 4 steps and stamp left beside right 4 times.

Walk backward 4 steps and stamp left beside right 4 times.

Repeat entire step.

## LAS ALTENITAS (2/4) - Adapted Mexican Folk Dance

Track 11. Instructions

Track 12. Music

**Formation:** Lines facing forward. Boys have hands clasped in back. Girls hands on hips. No partners necessary.

<b>MEASURES</b>	<b>ACTIVITY</b>
4 measures	Introduction
	<b>1. Step-Close, Step-Close, Stamp 2, 3</b>
1-4	Step sideward left on left foot, close right to left. Again, step sideward on left and close right to left. In place stamp left/right/left/hold.
5-8	Step sideward right on right foot and close left to right. Again step sideward on right and close left to right. In place, stamp right/left/right hold.
9-16	Repeat all of measures 1-8.
	<b>2. Walk Forward and Backward, Stamp Left</b>
1-4	Walk forward 4 steps left/right/left/right and backward 4 steps left/right/left/right.
5-8	Strike left foot beside right 4 times, holding 1 count between stamps. (Stamp/hold/stamp/hold/stamp/hold/stamp/hold)
9-16	Repeat the activities of measures 1-8.
	<b>3. Run In Place, Stamp</b>
1-4	Run in place left/right/left/right and stamp left/right/left/hold.
5-8	Run in place right/left/right/left and stamp right/left/right/hold.
9-16	Repeat the action of measures 1-8. Add 2 extra stamps (left and right) at the end of Step 3. Repeat entire dance.

**Variation:** May be done with partners, standing side by side.

## GET ALONG, CINDY (CINDY) (2/4)

Movement Exploration and Recreational Dance

Track 13. Instructions

Track 14. Music

**Formation:** Stand in a single circle, hands joined, facing center of room. Select a person as number 1 and number 2, 3, 4, 5, 6, etc., clockwise around the circle. Each person in turn leads.

**MEASURES**

**ACTIVITY**

- |            |  |
|------------|--|
| 4 measures | Introduction   |
| 1-8        | 1. <b>Circle Left</b> - All circle left with 16 walking steps. (May skip or slide.)  |
| 9-16       | 2. <b>Forward and Back</b> - Dropping hands, take 4 steps forward left/right/left/right and 4 steps backward left/right/left/right. Repeat.  |
| 1-8        | 3. <b>Follow the Leader</b> - Person number 1 initiates action. All imitate the action of Leader #1. Actions may be: jump, twist, hop, kick, bend stretch, sports, exercise or dance patterns. |
| 9-16       | 4. <b>Clapping</b> - All clap hands for 16 counts in place. Repeat entire activity as necessary.   |

**Verses**

I wish I was an apple  
 A-hangin' on a tree  
 And every time that Cindy passed,  
 She'd take a bite of me.

(Chorus)

You ought to see my Cindy  
 She lives a way down South  
 She's so sweet her cornbread  
 Will melt right in your mouth.

(Chorus)

**For Singing**

She told me that she loved me  
 She called me sugar plum.  
 She put her arms around me.  
 I thought my time had come.

(Chorus)

I wish I had a needle  
 As fine as I could sew  
 I'd sew that gal to my coat tail,  
 And down the road I'd go.

(Chorus)

**Chorus**

Get along home, Cindy, Cindy  
 Get along home. Cindy, Cindy  
 Get along home, Cindy, Cindy  
 I'll marry you some day.

or Get along home, Cindy, Cindy  
 Get along home's what I say.  
 Get along home, Cindy, Cindy,  
 I'll marry you some day.

**LITTLE BUNNY RABBIT (4/4) - Story Drama**

**Track 15. Instructions**

**Track 16. Music and Vocals**

In this activity the teacher is the leader. The teacher will voice and pantomime a line and the students will repeat the words and action. Note below as indicated where all sing and pantomime simultaneously. This provides an interesting and exciting technique which may be used with other stories.

**Formation:** All sit facing the storyteller.

**WORDS**

**ACTIVITY**

**PART I**

1. This is Bunny Rabbit.

He was feeling mean and restless.

So he went to the forest  
To have a little fun.

Hold up 2 fingers.

Shake hand to show "restlessness."  
Curve hand from right to left ending in  
front of chest.

Hold up outstretched hands for forest.  
Clap hands lightly 3 times.

2. (All together)

Oh...oh...oh...oh,  
Little Bunny Rabbit  
Went hopping through the forest,  
Scooping up the field mice  
And banging them on the head!

Point index finger of each hand.  
Move the two fingers from side to side for  
"hopping through the forest."  
Make a scooping action; bang one fist  
on the other.

(Repeat)

3. Then there was a FLASH!

Down came Mother Nature,  
And she was angry!  
"Bunny Rabbit," she said,  
"Don't you do that!!  
Scooping up the field mice.  
And banging them on the head!"  
Then she drifted out of sight.

Repeat Actions.  
Cross extended arms overhead on "FLASH."  
Bring arms down slowly.  
Place hands on hips as if in anger.  
Shake index finger at Rabbit.  
Continue to shake finger.  
Repeat scooping action with the hands.  
Bang one fist on the other.  
Hands drift slowly upward.

**PART II**

1. It was another week.

This is Bunny Rabbit  
He was feeling mean and restless  
So he went to the forest  
To have a little fun.

Point index finger of Right or Left Hand.

Repeat all of the actions as above in #1 of Part 1.

2. (All together)

Oh...oh...oh...oh,  
Little Bunny Rabbit  
Went hopping through the forest,  
Scooping up the field mice  
And banging them on the head!

Point index finger of each hand.

Repeat same action as in #2 of Part 1.

(Repeat)

Repeat Actions

3. Then there was a FLASH FLASH!! Cross arms and uncross arms overhead.  
Down came Mother Nature. Move arms downward.  
She was very, very, angry!! Place hands on hips as if in anger.  
"Bunny Rabbit," she said Shake index finger at Rabbit.  
"I told you that's a no, no! Continue to shake finger.  
Scooping up the field mice Repeat scooping action with both hands.  
and banging them on the head. Bang one fist on the other.  
I warned you once! Shake hand as if in warning.  
And now Bunny Rabbit!! Shake hand again.  
YOU'RE RABBIT STEW!!!" Throw hands up in air with surprised motion.  
(say last line together)



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