

BODDY JIVE

By
Ambrose Brazelton



Educational Activities, Inc.
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The repetitious Splash Splash Zonk Zonk movement pattern is linked to structured and student-created actions. Music— <i>Shake It Loose</i>	

This recording is dedicated to

Larry

Pauline

Laurine

Lenora and Sonnet

Lynette and Scoop

Laurita

(The Chillarders Family)

and is in loving memory
of

Carl C. Dabney

ABOUT THE AUTHOR



AMBROSE BRAZELTON

Ambrose E. Brazelton retired from the Ohio Department of Education in January, 1979 after thirteen years as Supervisor of Elementary Physical Education and Coordinator of Urban Programs. He has been an elementary school physical education instructor, a recreation center director and a part-time university lecturer.

"Braz" graduated from the University of Akron in 1952 and received his Master's Degree at Kent State University in 1960. The Valley Forge Freedom Foundation Teacher's Medal was awarded him in 1963. He has also been honored by the Ohio Association for Health, Physical Education, Recreation, and Dance; the 4-H Clubs of Ohio; and the Ohio Association for Children With Learning Disabilities.

PREFACE

Children Need to Know

That the human body has enumerable parts (all of which are beautiful) which can be correctly identified and efficiently employed

That the knee cap is really the Patella; and the stomach is a bag inside the abdomen; and the arm muscles displayed when showing our strength are call the Biceps

That the body and its parts can move fast and slow, with strong or light force, and in various directions and patterns

That it is possible to pat your head while rubbing your tummy

That the body can compute singular or multiple sensory inputs and respond promptly and correctly.

Because Children Need to Know these and other facts included in this album, the author humbly requests that each selection be used as a "Teachable Moment" rather than just another recreational break.

BAND 1

THE PREVIOUS COMMAND

Melody—I Won't Last A Day (without you)

Objectives: Listening Skills (Audio reception—Perception—Response)
Mental Retention
Body Awareness

Activity: Touch designated body parts on cue

Starting Position: Standing or Seated

Activity Sequence:

Measures

- | | |
|-------|---|
| 1-32 | Immediate response to voice cues |
| 33-40 | Introduction to "Obey The Previous Command" |
| 41-80 | Obey The Previous Command |

This section begins with students in a Freeze with hands on hips.

On the call "touch your chest", hands will remain on hips.

On the next command, "hands on knees", students will touch their chests.

The next cue is "hands on head". Students will then move hands to their knees.

TRACK 2

ANATOMY

Melody—Rhymes

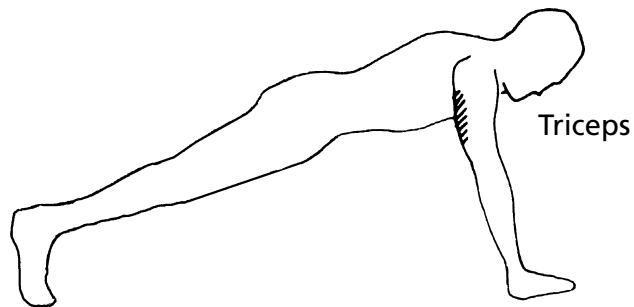
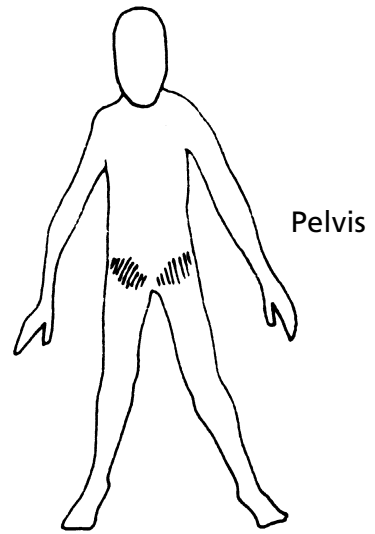
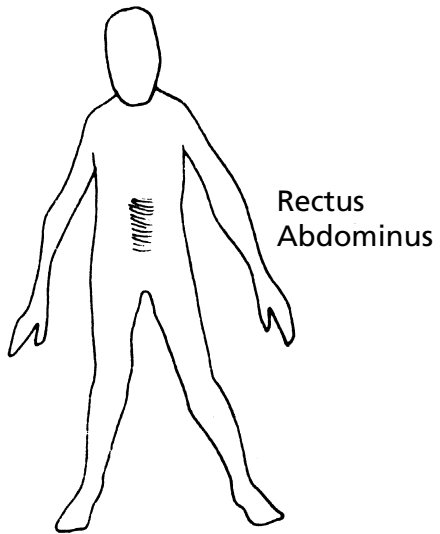
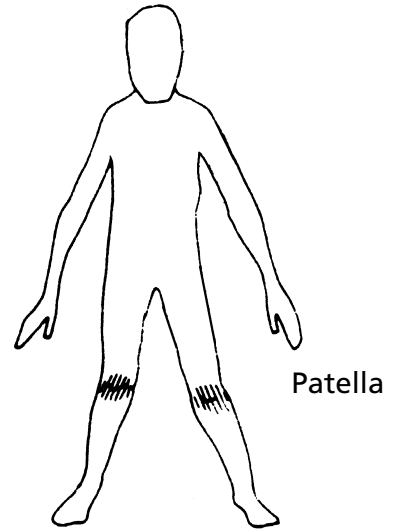
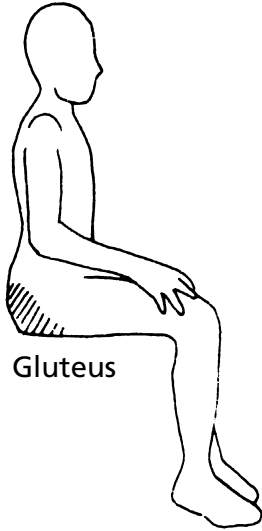
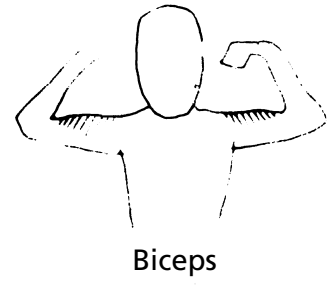
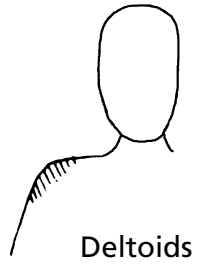
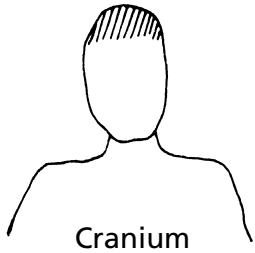
Objectives: Listening Skills (Audio reception—Perception—Response)
Mental Retention of Anatomical Labels

Activity: Touch designated body parts on cue

Starting Position: Standing or Seated

ANATOMICAL TERMS

Cranium	Head Bone
Deltoids	Shoulder Tip Muscle at junction of shoulder and arm
Biceps	Muscle in front area of upper arms
Gluteus	Muscles of the seat
Patella	Knee Cap
Rectus Abdominus	Abdominal muscle
Pelvis	Bones forming hip girdle
Triceps	Muscles in back area of upper arms



TRACK 3

SNOW ANGELS

Melody—You've Got To Have Someone

Objectives: Listening Skills (Audio reception—Perception—Response)
Neuromuscular Coordination

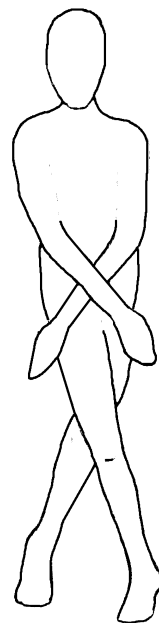
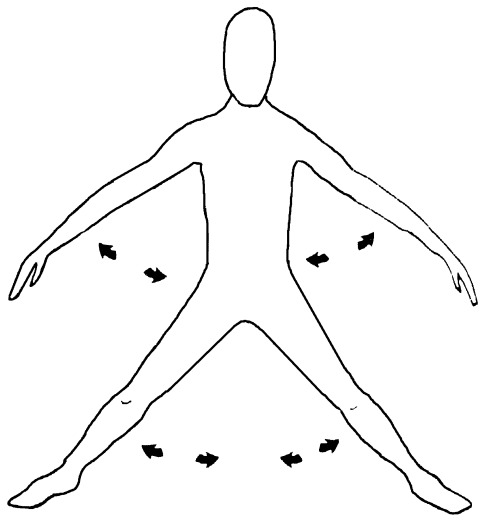
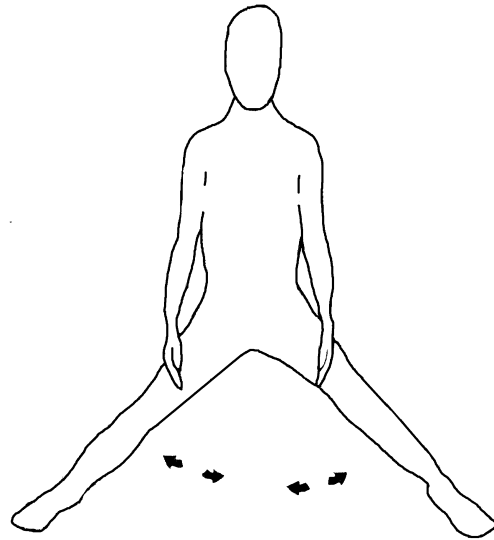
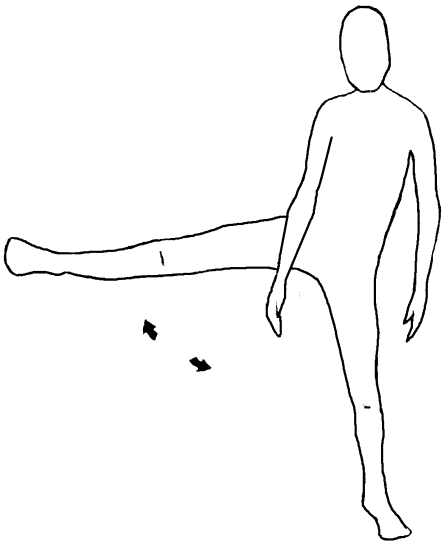
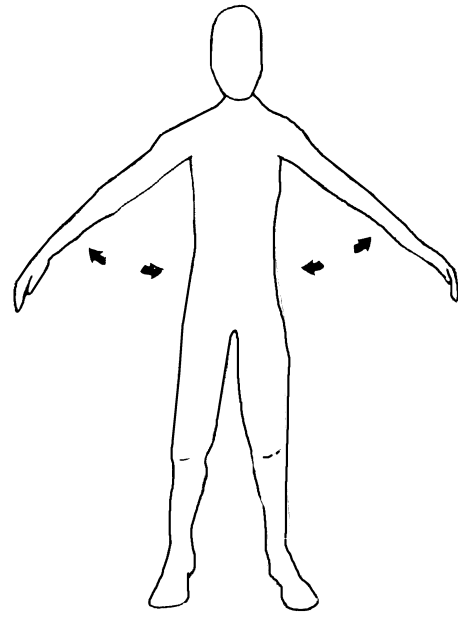
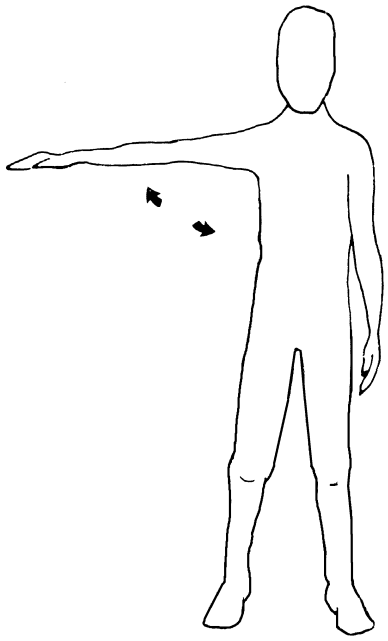
Activity: Lateral arm and leg movement

Starting Position: Supine (students on backs, arms at sides, legs together)

Activity Sequence:

Measures

- 1-8 Right arm, left arm, then both arms swing away from mid-line and return
- 9-16 Right leg, left leg, then both legs swing away from mid-line and return
- 17-24 Right arm & leg, then left arm & leg swing away and return
- 25-32 Both arms, both legs, then arms & legs swing away and return
- 33-40 Right arm & left leg, then left arm & right leg swing away and return
- 41-42 One arm out and return
- 43-44 Two arms out and return
- 45-46 Two arms & one leg out and return
- 47-48 Two arms & two legs out and return
- 49-58 Arms and legs swing out and return into crossed position
- 59 Finish in crossed position (Freeze)



TRACK 4

CLAP CLAP SNAP PAT

Melody—Body Jive

Objectives: Listening Skills (Audio reception—Perception—Response)
Mental Sequencing
Rhythmical Coordination

Activity: Hand clapping, finger snapping and knee patting

Starting Position: Standing or Seated

Activity Sequence:

Measures

1-8	Routine one	Clap Clap Snap Pat
9-12	Intro to routine two	
13-20	Routine two	Clap Snap Snap Pat
21-24	Intro to routine three	
25-32	Routine three	Clap Snap Pat Pat
33-36	Cue-in	
37-40	Routine one	
41-44	Routine two	
45-48	Routine three	
49-60	Repeat routines one, two, and three	
61-64	Cue-in	
65-76	Each routine forward and backward	

BAND 5

THE NOSEY SWITCH

Melody—Honey Coated

Objectives: Bilateral Coordination
Listening Skills

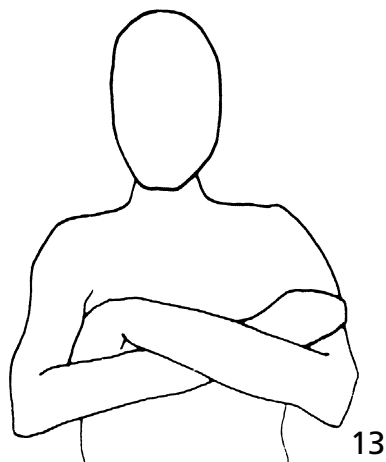
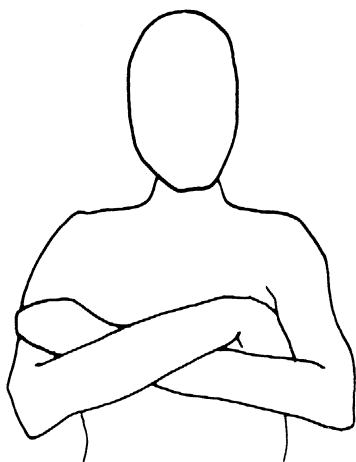
Activity: Fold arms, refold in opposite position
Pat head while rubbing tummy
Touch nose with one hand, ear with other hand,
then switch to opposite position

Starting Position: Seated, arms folded

Activity Sequence:

Measures

- | | |
|-------|---|
| 1-8 | Fold, refold arms |
| 9-16 | Pat head, rub tummy—switch hands at measure 12 |
| 17-24 | The Nosey Switch
The switch occurs on cue with movement of ear hand to the nose while nose hand reaches around to touch opposite ear |
| 25-48 | Fold & Refold, Pat & Rub, The Nosey Switch |
| 49-60 | Fold & Refold, Pat & Rub, The Nosey Switch |
| 61-72 | Fold & Refold, Pat & Rub, The Nosey Switch |



TRACK 6

SPLASH SPLASH ZONK ZONK

Melody—Shake It Loose

- Objectives:** Listening Skills (Audio reception—Perception—Response)
Individualized Creativity
Rhythmical Coordination
Neuromuscular Sequencing
- Activity:** Splash Down Splash Up Zonk Zonk (The Constant)
Splash Down—downward slap of knees
Splash Up—upward slap of knees
Zonk Zonk— right palm strikes left fist in area of thumb
and index finger . . . Left palm strikes right fist
- Structured and student created movements
Participants should be prepared for 3 student-created patterns.

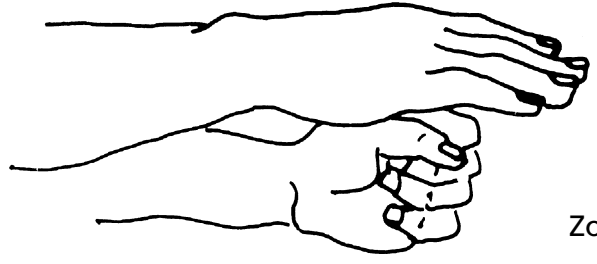
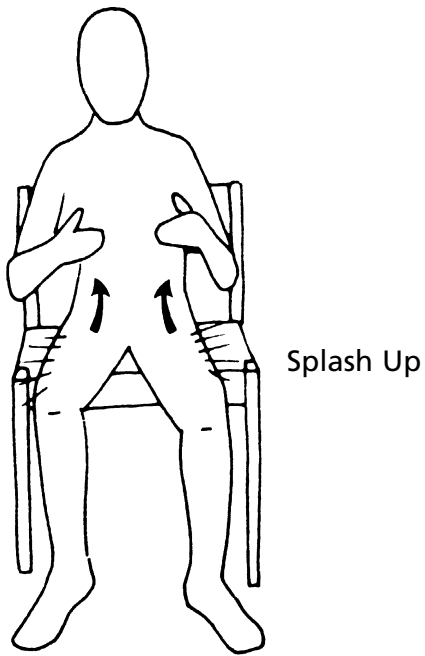
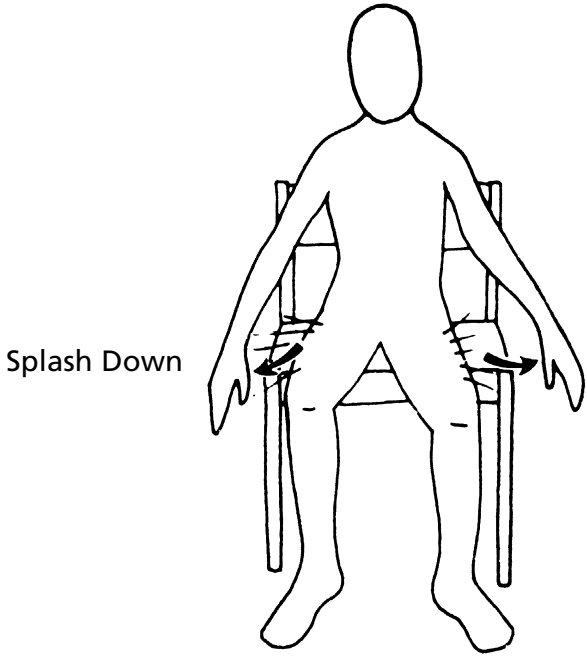
Starting Position: Seated

Activity Sequence:

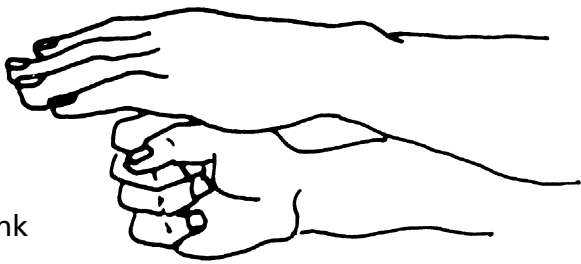
Measures

- | | |
|-------|--|
| 1-12 | Constant (splash down splash up zonk zonk) |
| 13-24 | Tempo increase. Constant plus freeze. |
| 25-28 | Constant plus Swim (freestyle strokes) |
| 29-32 | Constant plus Elbow Touch |
| 33-36 | Constant plus Stack Arms (alternate placement of one arm atop the other) |
| 37-40 | Constant plus Cluck Tongue |
| 41-44 | Constant plus Pat Chest |
| 45-48 | Constant plus Shake Fingers |
| 49-52 | Constant plus Do Your Thing |

- 53-56 Constant plus A Different Thing
- 57-60 Constant plus Change Your Thing
- 61-64 Constant plus Row Your Boat
- 65-68 Constant plus Wiggle Your Nose
- 69-72 Constant plus Flutter Eyelids
- 73-76 Constant plus Nod Your Head
- 77-80 Constant plus Shake Your Shoulders
- 81-85 Constant plus Make A Funny Sound
- 86-96 Constant plus Freeze



Zonk Zonk



TEACHER'S NOTES

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