



SUMMER MOVEMENT & MUSIC

General Lesson Plan

Hello! How are you today? (repeat 3x)
How are you today?

Bonjour! Comment allez-vous? (repeat 3x)
Comment allez-vous aujourd'hui?

Ola! Como estas? (repeat 3x)
Como estas hoy?

I'm fine. I hope you are too. (repeat 3x)
I'm glad you're here today!

* SUN SALUTATION (YOGA) *

I like to clap, clap, clap
I like to clap with you
I like to clap, clap, clap
It's one thing that I can do

Additional Verses:
wave, stomp, jump, walk, laugh

We can jump, jump, jump
We can hop, hop, hop
We can clap, clap, clap,
We can stop, stop, stop,
We can stretch up both our arms
We can reach and touch our toes
We can bend our knees a little bit
And sit down slow.

Two little hands go clap, clap, clap
Two little feet go tap, tap, tap
Two little fists go thump, thump, thump
Two little legs go jump, jump, jump
One little body turns around
And everyone sits quietly down

Head, shoulders, knees and toes.
Eyes and ears and mouth and nose.
Head, shoulders, knees and toes.

La tête, les épaules, les genoux, les orteils.
Les yeux, les oreilles, la bouche, le nez.
La tête, les épaules, les genoux, les orteils.

(Tune: "The Grand Old Duke of York")

Oh, the frisky little squirrel
He gathers nuts and seeds.
He hides them for the winter months So he'll
have all he needs.

Oh, up up up he goes
And down down down he comes.
He runs around - goes up and down. His
work is never done.

(Tune:Farmer in the Dell)

The farmer plants the seeds The farmer
plants the seeds
Hi, Ho, the derry O
The farmer plants the seeds

Additional Verses:
The rain begins to fall
The sun begins to shine
The plants begin to grow
The buds all open up
The flowers smile at me

* BALLET BASIC POSITIONS *