

## PreK and Kindergarten Dance Activities

Ms. McGrath

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March/April 2020

Week 1:

How can you STRETCH your body?

Do your warm-up

Can you remember all the exercises?

Up/Down

Reach for your toes

Rattle Legs

Mountain Legs

Silly Sandwich

Straddle Stretch

Rock and Roll

Wiggle your fingers, wrists, elbows, shoulders and head up and down

Jack in the Box

Stretch and Grow

3 Jumps and a Freeze

Practice skipping, hopping on one foot, jump and criss cross your feet

Week 2:

How can you STRETCH your body?

Do your warm-up

Let's dance to some silly songs!

Ms. McGrath's Playlist

Shake My Sillies Out-Raffi

The Goldfish-The Laurie Berkner Band

Down by the Bay-Raffi

Going on a Bear Hunt-Denise Gagne

Freeze Dance-Happy Tunes

Pete the Cat and his White Shoes-Mr. Eric

Five Little Monkeys-Rob Cantor

Wheels on the Bus-Raffi

I'm Gonna Catch You-The Laurie Berkner Band

We Are the Dinosaurs-The Laurie Berkner Band

Barnyard Dance-Adam Bryant, Michael Ford

Head, Shoulders, Knees, and Toes-Mother Goose Club

Week 3

How can you STRETCH your body?

Do your warm-up

Character/Feeling Dances

What music make you feel happy? Sad? Excited?

Create a list of songs that make you feel different ways. How do you dance to these songs?

Look up the following songs:

William Tell Overture

Requiem in D minor-Wolfgang Amadeus Mozart

Pomp and Circumstance

Piano Sonata No. 14

Carmen Suite No. 1

The Nutcracker Suite Russian Dance

Canon in D. Major

Choose one of these songs and try some moves that match the song.

Does the music make you want to:

Skip

Jump

Run

Tip toe

Swing

March

Choose a few moves and match them with the song. How does it make you feel? Can you put the moves in order and do them over and over?

You Just Made A Dance?