

Name/Title: 12 Days of Christmas

Purpose of Event: Students will perform a basic movement to each of the lyrics of the 12 days of Christmas helping the children with memory and movement.

Suggested Grade Level: K-8

Recommended music: 12 Days of Christmas by Perry Como

Beginning dance formation: Students can be placed randomly around the gym floor.

Description of Idea

This activity is a choreographed routine that can be used as a warm up or cool down or as a presentation to parents, etc. Challenge the students to try to remember each of the movements and eventually get the arm and the legs moving together.

The dance begins after the first 18 counts (the music begins with counts 7-8) of music. Begin marching when the singing begins. March for 8 counts.

“A Partridge in a Pear Tree” - Arms up and front (Counts 1-2) Arms down and back (Counts 3-4)

1-8 – Arms and legs work together. When arms are up, step forward RL (1-2) and when arms are down, step back RL (3-4). Repeat these movements to total 8 counts.

March 8 counts

“2 Turtle Doves” – Holding up 2 fingers move arms front and in, front and in while rocking RLRL. Repeat the movements to “a partridge in a pear tree”

March 8 counts

“3 French Hens – Arms move side to side RLRL while feet swivel with the arms. Repeat 2 turtle doves and a partridge in a pear tree.

March 8 counts

“4 Calling Birds” – Place hands under arm pits and move like wings marching. Repeat 3 French hens, 2 turtle doves, and a partridge in a pear tree.

March 8 counts

“5 golden rings” – Place arms in ballet fifth position over the head. Rising up on the toes turn as if you are a ballet dancer. Repeat the movements for 4,3,2, and a partridge in a pear tree.

March 8 counts

“6 Geese a-laying” – Step out with R foot and plie slightly down, up, down, up. Repeat movements for 5, 4, 3, 2, and a partridge in a pear tree.

March 8 counts

“7 Swans a Swimming” – The music slows so step out with R foot, flex knees and “swim” the front crawl. This puts students in position to repeat the 6 geese a-laying, 5, 4, 3, 2 and a partridge in a pear tree.

March 8 counts

“8 Maids a Milking – Step out with R foot, flex knees and use arms as if milking a cow. Repeat movements for 7, 6, 5, 4, 3, 2, and a partridge in a pear tree.

March 8 counts

“9 Pipers Piping – Pony step (quickly step RLR, LRL) while raising R arm when stepping RLR and raise L arm when stepping LRL. Repeat this to the extra music that is included in this segment. Repeat movements to 8, 7, 6, 5, 4, 3, 2, and a partridge in a pear tree.

March 8 counts

“10 Ladies Dancing” – Kick R, step R, Kick L, step L. Repeat 9 (remember the extra music that is included), 8, 7, 6, 5, 4, 3, 2, and a partridge in a pear tree.

March 8 counts

“11 Lords a Leaping” – Rock RLRL. Repeat 10, 9 (remember the extra music that is included), 8, 7, 6, 5, 4, 3, 2, and a partridge in a pear tree.

March 8 counts

“12 Drummers Drumming” – March with high knees RLRL. Repeat 11, 10, 9 (remember the extra music that is included), 8, 7, 6, 5, 4, 3, 2, and a partridge in a pear tree.

The very end of the song slows down when the words “partridge in a pear tree” are sung. Slow down the movements to go with the music.

Assessment Ideas:

Students can be assessed on their ability to remember the correct sequence of each movement and stay with the rhythm of the music. Students could also take a resting pulse before doing the movements and take a pulse afterwards. They could explain the effects that the movements had on their hearts.

Adaptations for Students with Disabilities:

Students with limited movement could do the arm movements. Instead of changing movements for each day, the movements could be repeated for several days to help students with cognitive disabilities.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 11/28/2017.**

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