Name/Title: Listen and Move

Purpose of Event: To allow students to move to the rhythm while demonstrating locomotor movements.

Prerequisites: Students should have been introduced to different locomotor skills (e.g. walk, run, gallop, hop) and spatial awareness.

Suggested Grade Level: K-2

Materials Needed: Song: "Listen and Move" from Greg & Steve - We All Live Together, Vol.2
.

Description of Idea

The students gather in a circle and wait for the instructions and music on the CD to begin. Play the song "Listen and Move." Remind students to stay in their own space during this activity. The song will begin by saying "walk" followed by a walking rhythm, and all students should begin walking clockwise. When the music stops all students should freeze. Then the song will say "gallop" followed by music with a galloping rhythm. Students should gallop with the rhythm. The CD continues with 6 different movements: walk, gallop, tiptoe, run, slide, and hop. All the rhythms coincide with the movement. Demonstrate the movements by doing the activity with them the first time.

To challenge the students, the sequence will repeat itself but this time without instructions. The students must try to remember what to do.

Assessment Ideas:

Observe if students are moving with the rhythm and in the correct movement form.

Submitted by **Jill Waliczek** who teaches at List Elementary School in Frankenmuth, MI. Additional authors for this idea were Mary Seabright. Thanks for contributing to PE Central! **Posted on PEC: 10/28/2002**.
Visit S&S Discount for all your physical education equipment and supplies!