

Name/Title: The Catepillar Song

Academic content: science

Purpose of Event: To help students remember the orderly changes of a butterfly by performing physical motions to a song. (Covers Va SOL 2.4)

Suggested Grade Level: K-2

Materials Needed: none

Physical activity: Nonmanipulative Skill

Description of Idea

Step 1: Sing verse one. Sing it again and have the class sing verse one with you. Sing verse two. Have the class sing verse two with you. Sing verse three. Have the class sing verse three with you.

Step 2: Demonstrate the motions for verse one. Have the class do the same. Demonstrate the motions for verse two. Have the class do the same. Demonstrate the motions for verse three. Have the class do the same.

Step 3: Sing the entire song with motions a few times through. Have the students do it once by themselves.

Song: three verses to the tune of “Mary Had a Little Lamb”

First Verse: “I’m a fuzzy caterpillar, caterpillar, caterpillar. I’m a fuzzy caterpillar about to make a cocoon.”

Second Verse: “I’m wrapped in a cocoon, a cocoon, a cocoon. I’m wrapped in a cocoon about to spread my wings.”

Third Verse: “I’m a pretty butterfly, butterfly, butterfly. I’m a pretty butterfly about to fly away.”

Motions:

First Verse: Hold out your left arm, bending your elbow so your forearm is parallel to your chest. Use your right hand to imitate a caterpillar crawling along the ground (your left forearm).

Second Verse: Wrap your arms around yourself as if you were giving yourself a hug. Twist your torso right and left just to add more motion.

Third Verse: Spread your arms out to your sides and “flap” them up and down as if you are

flying.

Assessment Ideas:

Create three sets of flash cards with pictures on them, which includes: one card with a picture of a caterpillar, one with a picture of a cocoon and one with a picture of a butterfly. Give each student a set of flashcards and have them sequence the flashcards.

Submitted by **Allison Sykes** who teaches at Virginia Tech in Blacksburg, VA. Additional authors for this idea were Jacquie Julien, Cindy Hicks. Thanks for contributing to PE Central! **Posted on PEC: 5/25/2003.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!