

Rhythm and Beats for Hands and Feet

Energizer and Movement Activities
for the Elementary Classroom

Compiled by Allison Blumenthal, Carol Huffman Dickerson,
Mary Ruth Marshall, Paula W. Farrar, and Terry D. Taylor.

Edited by Allison Blumenthal

The enclosed Enhanced CD contains audio files and PDF files.
The CD can be played in a regular CD player or through your computer.



The CD icon indicates a track number on the CD for the recordings.
The arrow and video icons indicate downloadable PDF and video
resources provided on the Enhanced CD.

Peake Music PUBLISHING

a division of  CELEBRATING GRACE

© 2021 Peake Music Publishing,
a division of Celebrating Grace, Inc.
All rights reserved.

Visit Peake Music Publishing online at www.peakemusic.com.

Contents

INTRODUCTION	3
GRADES K-5	
Grow It!	4
“Head and Shoulders, Baby”	6
Crazy Hands	8
“The Noble Duke of York”	10
Jammin’ Beats	12
Rodeo Allegro	14
GRADES K-2	
Jive Time	15
For the Birds	16
Move and Play with Bizet	18
Nutcracker March Scarves	20
GRADES K-3	
Activate!	22
“Wake Me, Shake Me”	24
GRADES 1-5	
Sound Off	26
GRADES 2-5	
Movin’ to the Country	27
Maple Leaf Energizer	29
GRADES 3-5	
“Walk, Daniel”	31

Introduction

Rhythm and Beats for Hands and Feet, a new resource from Peake Music Publishing, is a collection of steady-beat energizer and movement activities designed for K-5 elementary students. Filled with an array of upbeat music ranging from classical favorites and traditional folk songs to quirky new compositions and electronic beat tracks, these engaging activities are sure to inspire your students to move in creative, musical ways. Offered with recordings for each activity and requiring no specialty materials, *Rhythm and Beats for Hands and Feet* provides perfect warm-up, transition, brain-break, or energizer activities that can be used not only in music instruction but in any elementary classroom.

The *Rhythm and Beats for Hands and Feet* book and PDF materials on the Enhanced CD are completely reproducible. Print as many of the materials as you need to serve your classroom.

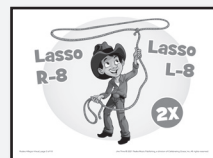
This book includes detailed teaching steps for each movement activity with helpful charts and bonus activity extension ideas. The Enhanced CD contains vocal and instrumental tracks, activity demonstration videos, and colorful visuals to assist with teaching, memory, movement, and form. Activity demonstration videos can be accessed via Vimeo at: <https://vimeo.com/showcase/7836392>.

Curated with careful attention to age-appropriate musical and kinesthetic concepts, we hope *Rhythm and Beats for Hands and Feet* will provide ample opportunity for you and your students to move, express, create, learn, and experience the joy of music together.

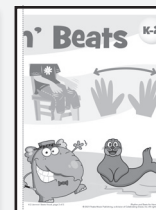
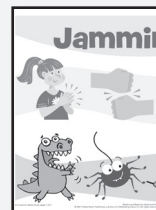
Visuals

All visuals are available to you in a PDF format for digital display or print. Visuals come in a variety of sizes, including single-page (8.5" by 11"), large-scale, and multipage formats. Over-sized visuals are offered two ways: as a single, large-scale visual for either digital display or to have professionally printed and as a multipage document containing individual 8.5" by 11" pages for DIY printing and assembly.

- Single-page visual format:



- Over-sized visual—large-scale and multipage formats:



For digital display, use a PDF reader to show visuals individually or embed PDFs of visuals in the presentation software of your choice.

Jammin' Beats

One track, two age-designations, the same great fun!

Utilize the same music for two different versions of this dynamic energizer. Grades K-2 focus on bilateral movements (both limbs used in unison) while grades 3-5 practice unilateral movements (limbs working independently), cumulatively combining over time.

Materials:

- Track 7
- Jammin' Beats Visual-K-2
- Jammin' Beats Visual-3-5
- Jammin' Beats Video-3-5

Grades K-2 Instruction:

- Display Jammin' Beats Visual-K-2.
- Review expectations for self-space and remind children to watch you carefully in order to follow the movements. (NOTE: Students may be seated or standing.)
- Play Track 7 and lead students in the following steady-beat motions, performing the entire sequence twice. (NOTE: There is a four-beat click before the music begins.)

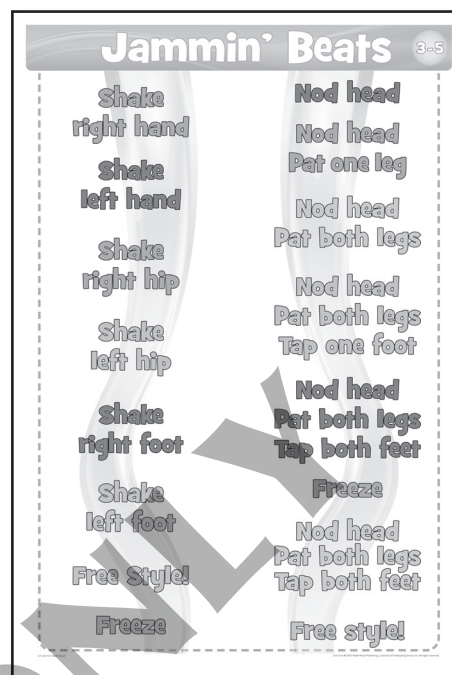


Word(s)	Movement	Beats
Clap hands	Clap hands together.	16
Pound fists	Pound one fist on top of the other.	16
Pat legs	Pat tops of thighs with palms.	16
Windshield wiper hands	Move open palms to either side in parallel motion.	16
Alligator clap	Clap with arms extended in front.	16
Spider clap	Touch fingertips together.	16
Elephant clap	Place one hand on opposite shoulder and move free arm up and down while fully extended in front.	16
Seal clap	Clap backs of hands together while barking like a seal on each clap.	16

Grades 3-5 Instruction:

- Display Jammin' Beats Visual–3-5.
- Point out the types of movement listed on the visual, preparing students to add cumulative movements in the second half of the energizer. (NOTE: Movements are listed on the visual from top to bottom in two columns.)
- Play Track 7, have students stand, and lead them in the following movements. (NOTE: There is a four-beat click before the music begins.)

Movement	Beats
Shake right hand	8
Shake left hand	8
Shake right hip	8
Shake left hip	8
Shake right foot	8
Shake left foot	8
Free style!	8
Freeze	8
Nod head	8
Nod head/Pat one leg	8
Nod head/Pat both legs	8
Nod head/Pat both legs/Tap one foot	8
Nod head/Pat both legs/Tap both feet	8
Freeze	8
Nod head/Pat both legs/ Tap both feet	8
Free style!	8



Extension Idea

Point to movements on the visual randomly to vary the order in which they are performed.



Rodeo Allegro

A wacky, western take on an operatic classic

Widely synonymous with a soundtrack for horseback riding, the “William Tell Overture” is the perfect classical landscape for a heart-pumping, western-style energizer! Get your saddles, lassos, and dancing boots ready!

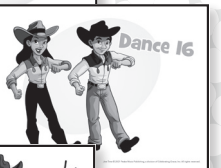
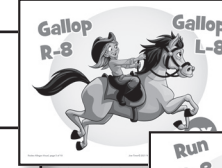
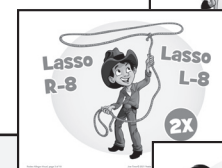
Materials:

- Track 8
- Rodeo Allegro Visuals

Instruction:

- Display Rodeo Allegro Visuals.
- Demonstrate and practice the motions with students.
- Play Track 8, leading students in the motions as pictured on the visuals. (NOTE: There is a six-measure introduction before the movements begin. Visuals marked 2X should be performed twice.)

Word(s)	Movement	Beats
Gallop	Gallop to the right for 8 beats, then to the left for 8 beats. Repeat.	32
Lasso	Lasso with right hand for 8 beats, then left hand for 8 beats. Repeat.	32
Ride	Bend torso from the waist forward, left, back, and right; repeat for 16 beats.	16
Gallop	Gallop to the right for 8 beats, then to the left for 8 beats. Repeat.	32
Run	Run in place to the right for 8 beats, then to the left for 8 beats. Repeat.	32
Wave	Wave your hand back and forth overhead, as if holding a hat, for 12 beats.	12
Dance	Move right heel out and back, then left heel out and back; repeat for 16 beats.	16
Freeze	Freeze in place for 4 beats.	4
Yee-Haw!	Say Yee-Haw!, holding Yee for 4 beats while pretending to grab a hat on your head, then Haw for 4 beats while holding the hat in the air.	8



Move and Play with Bizet

A steady-beat movement activity to a classical masterpiece

Move and Play with Bizet gives younger grades a wonderful opportunity to practice steady-beat movement with an extraordinarily fun piece of classical music, specifically written with children in mind!

Materials:

- Track 11
- Move and Play with Bizet Visuals

Instruction:

- Introduce the music to students:
 - The music for this activity comes from a two-person, piano piece called "Jeux d'enfants," or "Children's Games," and was written by French composer Georges Bizet (pronounced zhawrzh bee-zey).
 - "Children's Games" is a musical work with 12 movements, each dedicated to an element of childhood.
 - Examples of the movement titles are: "The swing," "The spinning top," "Soap bubbles," "Leap-frog," and "The ball."
 - The music used for this activity comes from the final movement, "Le bal" (the ball), and is an energetic, Hungarian country dance called a *galop*.
- Display Move and Play with Bizet Visuals.
- Demonstrate and practice the movements with students. The number of repetitions for each movement is indicated on the visuals.
- Play Track 11 and lead students in performing the movements to the half-note beat. (NOTE: There is a four-beat click before the music begins.)



Word(s)	Movement
March	March in place.
Pat	Pat tops of legs.

Word(s)	Movement
Clap Up	Clap hands and move them from waist level upward.
Clap Down	Claps hands and move them from eye level downward.
Step Forward	Take small steps forward.
Step Back	Take small steps back.
March Right	Turn right and march in place.
March Left	Turn left and march in place.
Drum Roll	Pat legs as fast as possible.
Arms make a V and freeze!	Move arms overhead in a "V" shape and freeze.

Extension Ideas:

- Invite students to reflect on how the music made them feel or any particular parts of the music that captured their attention.
- Once students are familiar with the music and comfortable performing basic steady-beat movements, invite volunteer leaders to stand at the front of the class and lead their own steady-beat movement choices.

Teaching Tips

- Demonstrate leading the class in improvisatory steady-beat movements, changing from one type of movement to the next as the musical phrases change.
- Pre-establish a way to quickly change from one leader to the next while the music plays (a visual or aural cue), allowing the opportunity for plenty of students to lead the class over the course of the recording.

Teaching Tip

Establish in advance that while each group is performing, the other should stand or crouch without moving.

Group	Movement	Beats
1	Rainbow	8
2	Up and down	8
1	Rainbow	8
2	Up and down	8
1	Circle in front	8
2	Circle in front	8
1	Rainbow	8
2	Up and down	8
1	Rainbow	8
2	Up and down	8
1	Circles 1-7, crouch down on 8	8
2	Circles 1-7, crouch down on 8	8
1	Wiggle scarf up, catch and hold on 4	4
2	Wiggle scarf up, catch and hold on 4	4
Both	Rainbow, holding both ends, crouch down on 8	8
1	Wiggle scarf up, catch and hold on 4	4
2	Wiggle scarf up, catch and hold on 4	4
Both	Rainbow, holding both ends (do not crouch)	8
1	Circles 1-7, crouch down on 8	8
2	Circles 1-7, crouch down on 8	8
1	Wiggle scarf up, catch and hold on 4	4
2	Wiggle scarf up, catch and hold on 4	4
Both	Rainbow, holding both ends, crouch down on 8	8
1	Wiggle scarf up, leave it free	4
2	Wiggle scarf up, leave it free	4
Both	Rainbow	4
Both	Rainbow fast, tossing scarves up on 8	8

Program Tip

For a holiday performance, consider giving one group red scarves or streamers and the other group green.

