



A Sample Celebrations! Class: *Field Day*

Grades 4 to 5 | Movement Form: Creative Movement

Kids flip over fun Celebrations! classes. So make your next school field day a blast with Recess Rocks!

OBJECTIVE: The Warm-up: First song prepares the joints, muscles and connective tissue for vigorous movement.

MOVEMENT: Use breath and movements to warm up the body.

MUSIC: *300 Violin Orchestra* by Jorge Quintero; 2:58 minutes

- **Introduction:** Inhale arms from side of body to over head. Audible exhale out of mouth while floating arms back down to sides.
- **During vocals:** Shadow box arms in front of body to beat of music: 1, 1, 1, 1-2. Now bob and weave from left (1), to center (1), to right (1), to center/*quick* left (1,2). The starting shadow box position changes as you move through the song. Challenge students to shadow box and call out "boxing arms" or use quick robot moves to wake up each joint and ball and socket.
- **During instrumental:** Reach arms up and down. Challenge 1: Ask students to make figure 8s with their arms at sides of their body. Challenge 2: Ask students to balance on one leg while reaching up and down to touch the ground. Explain "Class, your leg must swing like a pendulum to keep your balance."

OBJECTIVE: Ready, Set, Go: Next several songs bring continuous movement to give the heart, lungs, intrinsic and extrinsic muscle groups conditioning. Here's one sample movement and song.

MOVEMENT: Continuous movement to stimulate the body.

MUSIC: *Say Hey (I love you)* by Michael Franti & Spearhead; 3:56 minutes

- **First vocal:** Swim the crawl stroke with arms, then backstroke; four times each.
- **Second vocal:** Walk forward then backward while swimming the arm strokes; four times each.
- **Bridge:** Spin left then do Charleston knees; spin right and do Charleston knees. Repeat until bridge is over.
- **During refrain:** Do disco roll in center front. Turn torso to bottom left and shoulder shimmy; reach fingertips to ground. Stand upright and disco roll. Turn torso to bottom right, shoulder shimmy and reach. Repeat process in top left and top right positions (reaching up). Challenge: Do disco roll in reverse and/or while leaning back, upside down or overhead.





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OBJECTIVE: Cool down: The last few minutes are for slowing the heart rate down.

MOVEMENT: Stretch the body and slow down movements.

MUSIC: *Just a Dream* by Nelly; 3:58 minutes

- **During refrain:** Play with the words: point and walk to one another; stand still and point to self; hold and pull your hands apart; glide first two open fingers in front of eyes; make wavy snake arms in front of body; walk backwards and roll shoulders; make wavy snake arms at side of body.
- **During vocals:** Start in sumo stance and complete each move slowly four times: cross-over punches, blocks, cross-over punches, lower blocks, forward kicks and side kicks.
- **At end of song:** Inhale arms from side of body to overhead and clasp hands. Then do audible exhale out of mouth while floating arms back to sides.

TIP! Ask students to balance with one leg in front of body while you turn on music and between songs.



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