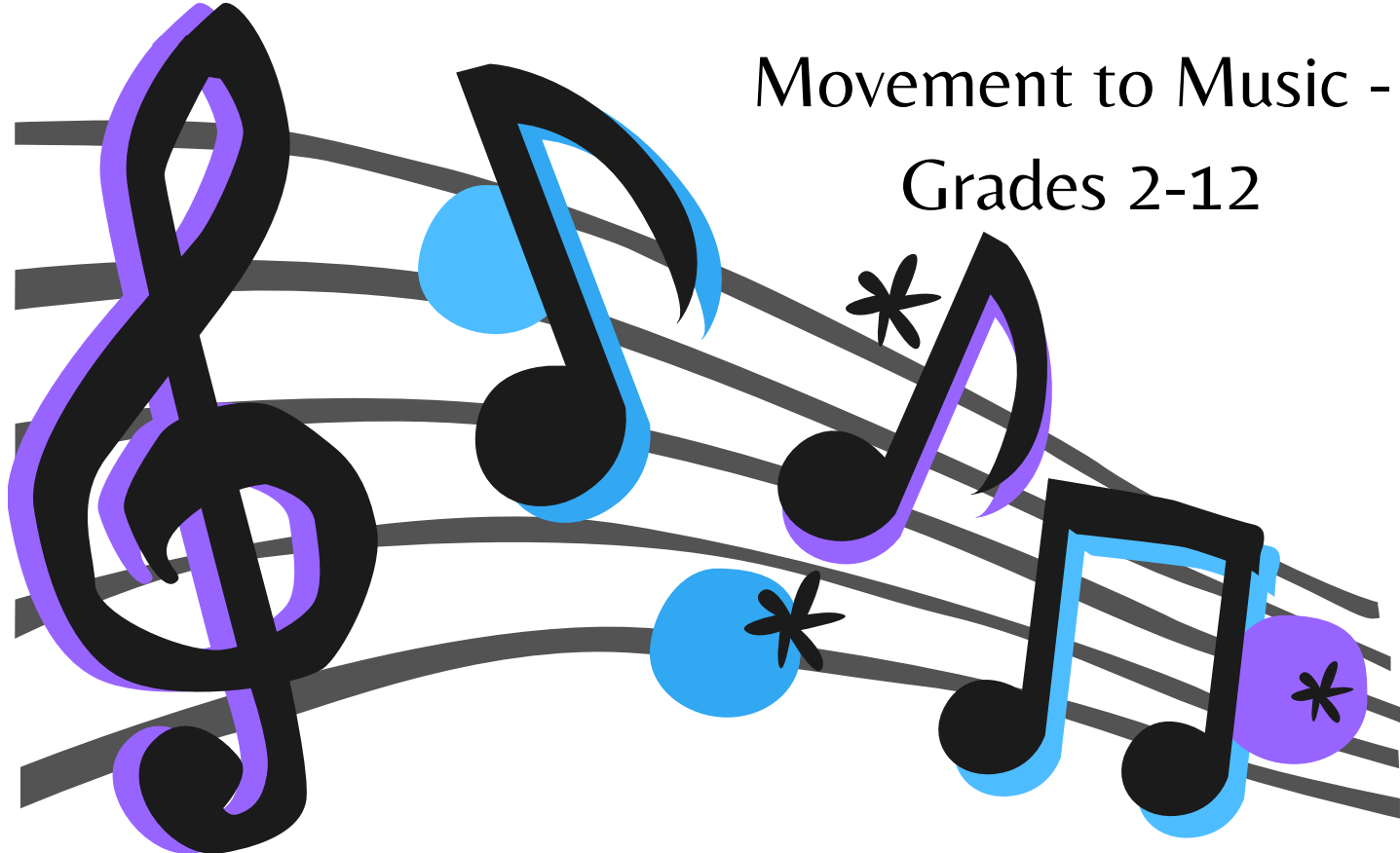


Movement to Music - Grades 2-12



This activity is suitable for nearly any age group/grade. It focuses on movement and rhythm, coordination, and listening.

In this activity, we focus on two kinds of actions/movements: locomotor (actions/movement that travel) and non-locomotor (actions/movements that stay stationary). Examples of locomotor movements include marching in a circle, flying, tip-toeing, and swimming. Non-locomotor actions include twisting, bending, wiggling and waving.

How it works: Put on some music that stays at an easy to follow speed. Ask your student to perform some locomotor movements to the beat of the music; these can include any of the movements listed above and any others you can come up with. Feel free to modify any movements to your student's needs.

You can repeat the activity using movements from the non-locomotor list and/or add your own. The more creative, the better. Encourage your student to explore some different actions like 'melting' or 'fluttering'. These can really fire up the imagination and make the activity more fun. You can also do it "Simon Says" style "Simon says float for 10 seconds", etc.

What you'll need: Access to a music player and app like iTunes, YouTube or Spotify. A list of movements/actions for the student to do.