

Swaying and turning

Calendar 3

- * on the chair
- * feet off the ground

Song: The wheels on the bus

We sing the song *The wheels on the bus*.
The wheels on the bus go round and round, round and round, round and round
The wheels on the bus go round and round all day long
On 'go round and round' you make circles with your legs.
As soon as the song stops, you sit as stiff as a board!



The people on the bus go back and forth, back and forth, back and forth
The people on the bus go back and forth all day long
On 'back and forth' wave your arms around.
Lift your feet off the ground. As soon as the song stops, you remain sitting in this position.

Bringing movement to a standstill

Theme: balance

march

A new route

The bus starts to move again. Back and forth. Stretch your arms above you and below you. As soon as the song stops, sit still! Or teeter on your buttocks from left to right. Finally the song stops while you are sitting on one buttock. Stay sitting completely still. You freeze.



- * on the chair
- * feet off the ground

The clock

Imitate a clock. Your upper body moves to the right and left. I tick the beat, tick, tock, tick, tock... As soon as the ticking stops, you sit as stiff as a rod. It is now completely still in the classroom. Are you still breathing?



Ticking on the chair

Ticking faster

As soon as the ticking starts again, you continue making the movements. Now the ticking goes faster and you also move faster. Sit completely still when the ticking stops! The ticking then starts again very slowly. You move very slowly.



Balance

Make a crazy movement on your chair. Try to keep your balance while doing it. The whole class imitates this movement. When I clap my hands, you freeze. The class is completely still...



Marching

- * next to the chair
- * in small groups through the classroom



Marching in place

I tap the beat. March like a giant, a witch and a fairy. March like an elephant, an ostrich or a goose. As soon as the tapping stops, freeze. Stand still!

Marching in a group

One child suddenly stops and the rest of the group freezes. So pay attention. Then all of you march so softly that you can hardly hear it. Now everyone sits very still and stays in their last position as stiff as a board. Is it now completely still in the classroom?

