

# Exercising to Music



## EXERCISE TO MUSIC

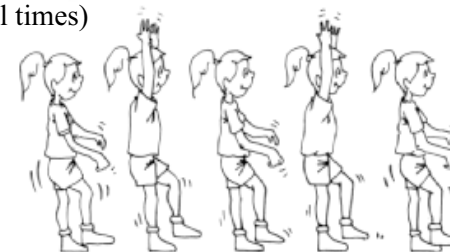
- ♪ Music provides a good atmosphere for exercise and can often give the necessary motivation to keep children working hard and enjoying their exercise.
- ♪ An exercise session need not take on the structure of a professional aerobics class but could simply be a variety of exercises performed with music as a background or as a timing mechanism e.g. circuits.
- ♪ Music can be used to help children relax in a cool down and has a settling effect before they return to class.
  - ♪ Choose music appropriate to the activity.
  - ♪ Use tapes rather than records.
  - ♪ Listen to the music before using it.
  - ♪ Ensure the music has a steady rhythm and few changes of speed.
  - ♪ Teach some simple cues or signs that the class can learn e.g. flat hand up = STOP this exercise and be ready to change, four fingers held up = four repetitions of a movement, pointing a finger = travel in that direction.
- ♪ Have the children lead the session either in pairs or in small groups. Let them select their own music.
- ♪ Always remember **to keep it simple**, if the teacher finds a pattern or sequence complicated then it will be too difficult for the children.
- ♪ Trying to learn pre-choreographed sequences is time consuming, frustrating and may restrict the flow of an exercise session. Try to use simple base moves such as walking, jogging or step close. Variety can be added with travelling, changes of direction (pathways), arm movements and simple combinations.
- 🎵 REPETITION is a desired feature of these sessions and much of the enjoyment comes from repeating simple patterns and movement combinations.

The following illustrate how simple combinations can be developed.

### Combination One – Warm-up

Base Move = *Marching on the spot*

- 4 shakes of hands – high
- 4 shakes of hands – low (Repeat several times)
- 4 shakes – high (Repeat several times)
- 4 claps – low (Repeat several times)
- 4 shakes hands out to side
- 4 claps above head etc.



### Combination Two – Warm-up

Base Move = *Marching*

- 4 steps forward (arms push up and down)
  - 8 marches on the spot (arms push forward and back)
  - 8 steps backwards (arms push up and down)
  - 8 marches on the spot (arms push forward and back)
- Repeat the walking pattern several times then add an arm combination, shown in the chart on page [117](#).

### Combination Three – Warm-up

Base Move = *Walking*

- 8 steps forward
- 8 long strides forward (Repeat)
- 8 steps on toes

### Combination Four – Vigorous!

Base Move = *Jogging/Running*

- 16 runs on the spot
- 16 runs forward
- 16 runs on the spot (turn on the spot ready to run back to start)

### Combination Five – Vigorous

Base Move = *Jogging*

- 8 runs on the spot
- 16 runs forwards knees high
- 8 runs on the spot
- 16 runs backwards

- *Keeping the legs moving continuously e.g. walking, jogging, stepping side to side is more important than incorporating complicated arm sequences.*

## EXERCISE TO MUSIC

COMPONENTS OF MOVEMENT			
Base Moves	Body Parts	Space and Time	Grouping
<b>Travelling</b>	<b>Arms/Shoulders</b>	<b>Direction</b>	Individual
Walk	Punching	Forwards	With a Partner
Stride	Pushing	Backwards	
Skip	Pulling	Sideways	In a Group
Shuffle	Circling	Upwards	
Gallop	Sweeping	Downwards	↓
Hop	Clapping	<b>Level</b>	• over
Leap	Shaking	High	• under
Twisting	Criss-cross	Medium	• around
March	↓	Low	• beside
Jog	• one arm	<b>Size</b>	• behind
Step hop	• both arms	Large	• copying
Run	• one arm then the other	Small	• mirroring
Slip step	• in front of the body	<b>Pathway</b>	• all together
Jump	• behind body	Straight	• one after the other
Goose step	• beside body	Curved	
<b>On the Spot</b>	• above head	In a circle	
Walk	<b>Knees</b>	Zig zag	
March	Knees high	Diagonal	
Jog	Knees low	Side to side	
Twist	Straight legs	Forward and back	
Hop	<b>Hands</b>		
Step together	Flapping	<b>Time</b>	
Easy walk	Circling	Fast	
(1 forward – 1 back)	Fists	Slow	
Knee lifts	Open hands	Increasing in Speed	
Heels up	<b>Trunk</b>	Decreasing in Speed	
Bounce	<b>Head</b>		
<b>Non Locomotor</b>			
<b>On the Spot</b>			
Bend			
Twist			
Sway			
Stretch			
Turn			
Shake			

The chart on page 117 gives a breakdown of the components of movement. Movements and combinations can be built-up by taking one of the base moves and adding other elements such as arm movements, changes in direction and speed, or the way the children are grouped or arranged.

Children can be made aware of the range of movement options which will assist them when generating their own sequences and patterns.

### PATHWAY PATTERNS

**Individual** From 'Home Base'.

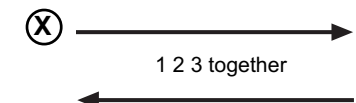
- Children freely spaced in the area.
- Tell children that the position they began at is their 'Home Base' and they return to this 'Base' after each move.

**Easy Walk** From 'Home Base'.

- One big step forward, one big step back.
- Rhythm call is...forward...forward...back... back.

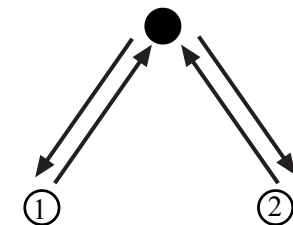
**Step Together** From 'Home Base'.

- One step sideways with *right* foot, close *left* foot beside *right*
- One step sideways with *left* foot, close *right* foot beside *left*.
- Rhythm call is...right foot together...left together.  
(Try two steps or four steps together.)



**To and Fro** From 'Home Base'.

- There are four counts.
- Three steps forward, on 4th count bring feet together.
- Three steps backward, on 4th count bring feet together.
- Rhythm call is...1...2...3...together...back...2...3...together. (Try adding a small jump or a clap on 4th count or walk forward two sets of four, back two sets of four.)



**Diagonal To and Fro** From 'Home Base'.

- Four steps forward to right diagonal.
- Four steps back to 'Home Base'.
- Four steps to left diagonal.
- Four steps back to 'Home Base'.

## EXERCISE TO MUSIC

**Around the World To and Fro** From 'Home Base'.

- Four steps forward/four steps back (front) 1/4 turn to right.
- Four steps forward/four steps back (side) 1/4 turn to right.
- Four steps forward/four steps back (back) 1/4 turn to right.
- Four steps forward/four steps back (side) 1/4 turn to right.



**Around About** From 'Home Base'.

- Each child walks in their own small circle.
- Eight counts, then back the other way.

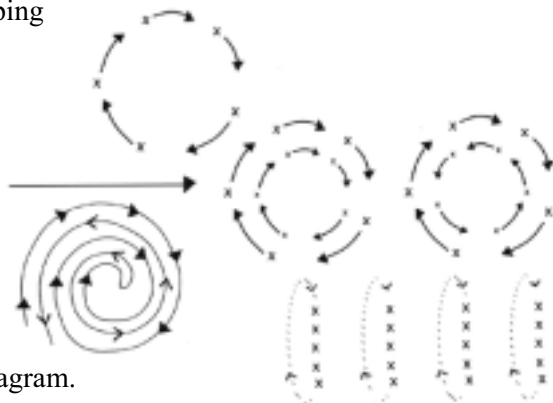


### GROUP PATHWAYS

Walking/Jogging/ Running/Skipping

**Follow the Leader** Single line

- Curves/zig zags...  
up and over things...  
around and about.
- One large circle...
- Two circles...
- A spiral...



### Line Circuits

- 4-6 lines of children as in diagram.
- Arms length spacing between them.
- Moving 'on the spot' in time to music.
- On 'GO' the leader followed by their team walks or jogs around the front cone...down and around the back cone... and back to their place.
- Once back in place the teacher can direct the class to do a different 'on the spot' activity e.g. twists, knee lifts, bounces, astride jumps etc.
- *To make the circuit more demanding make the running distance greater i.e. move the back cone further away.*