

MOVE 'EM TO MUSI C!!!! Weekday Ministries Conference—August 2009
Presented by: Diane Havens, Kids In Action

Warm Up first—always!!!

1. 'I like to Move It'—using dynaband, follow leader: lawn mower, rowing, bicep curls, overhead, bow & arrow, behind neck, cross toe touch, etc.
(hose can be purchased: send \$20 for shipping to: Hanes Brand Inc.; attn: Nancy Terry; 1904 Clark Road; Box 669; Clarksville, Ark 72830)
2. Queen Bee: each child stands on spot, carpet square. Each child has a dynaband held in either hand—choose one 'it' to walk around & let each child hold onto his hose or hand. Each child will in turn get another child to hold onto his hose. When music stops, everyone must run to ANY spot. Child w/o spot is next 'it'. Continue game.
3. Boogie Shoes: KC and the Sunshine Band (Radio Disney Jams Vol. 2)
 - children sit in tuck (knees to chest) position w/hands on floor behind
 - with music: all while lifting bottom—swishes w/bottom, knee claps, rock 'n roll (toes to heels), kick legs, relax (cross legged)
 - let them (and you!!!) rest & shake hands when necessary
4. Hamburger time; cut up noodles w/knife into slices
 - * Stacking
 - * Balancing on body parts
 - * Stringing using ropes (can be purchased www.pwaponline.com)
 - * Patterning on stick, rope, or by stacking
 - * Weights using lummi sticks—to cool music!!!
 - * Cars using sticks & cool music!!!
 - * Connect the dots—scatter dots & connect w/sidewalk chalk, string
 - * Low Rider game—children in a circle. 'It' is in middle. Children in circle roll the dots across the floor, trying to hit middle person. If 'it' is hit, he must switch with the roller that hit him. Outside circle children must only roll from spot—but can move in to get dots.
 - * Who Let The Dogs Out!!!—scatter dogs (spots) and turn music on & let the children collect them w/stick, rope, etc.

* Shoo Fly—buy dollar store fly swatters. Scatter flies (spots)
Swat (not bat) the flies. Then scoop them on swatter while balancing
& bring 'em in.