



## PEF Summer, *At Home Edition* – Lesson Plan

Class: Kinderdance	Grade Band:  TK-Kindergarten
Teacher: Joanna Collins	Lesson: Swim to the Beat
Objectives:  To explore a variety of rhythms and tempos with our bodies.	Materials:
Process:  Your body can move in many exciting and interesting ways! We can use different tempos and rhythms to inspire us!	
<ol style="list-style-type: none"><li>1. Begin with head rolls. Look side to side and up and down. Add shoulder rolls and hips side to side. Repeat 3 times.</li><li>2. Bring your feet together and jump out as wide as you can. With arms overhead, swing them all the way around to touch the ground back up the other side and try to catch the fish! Swing your arms all the way around in the other direction and try to catch the fish! Repeat 2 times.</li><li>3. Put your feet together and your hands on your knees. Do 2 knee bounces to the front and jump in and out! Repeat 2 times. Next, do 2 knee bounces side to side and jump in and out. Repeat 2 times.</li><li>4. Come down to the mat and stretch your legs out wide in front of you. We are going to explore the Mermaid. Bring up one arm and allow the hip to raise slightly, swing to the other side carefully. Swing side to side four times and carefully roll over. Repeat 2 times.</li><li>5. Lastly, sit criss cross applesauce to calm our bodies and cool down. Let's do 3 pufferfish breaths where we breathe in and fill our cheeks and slowly let it out. Awesome work little fish!</li></ol>	