

MUSICAL PE

CARRIE FLINT

Adapted & Elementary PE Specialist

MUSICAL PE PLUS

www.musicalpeplus.com

cell (310) 702-5648

OBJECTIVE:

Utilizing music in a physical education lesson is not a new concept. Physical educators that already use music know that there are numerous benefits and research supports the pairing of music and movement, they go hand in hand. Music can serve as a time management tool, it can be an instructional source, a motivator and can help create an enjoyable and positive learning environment for their students. With that said, this presentation is not going to focus on the “why” you should incorporate music into your lesson plan but rather serve as a demonstration on “how” to effectively and creatively use music taking your lessons to another level. My objective for this workshop is to help you “Think Outside of the Music Box” and see the benefits of creating a physical education lesson that utilizes music throughout, transitioning from one activity to the next.

LESSON PLANNING:

I have always used music in my teaching. However, over the years my approach to lesson planning has transformed as I have seen the positive impact that music can have on a lesson. In the beginning, I focused on the skill and then selected music for its beat and length of a song because I used music as a time management tool more than anything else. My selection of music was an after thought rather than a key component of the lesson. Today, when I create a lesson, I not only select a song for its beat and duration but also how it matches the activity and theme of the lesson. I select music, as I am in the planning process, not after. I know now how much music can enhance the learning environment and create opportunities for students to learn. I want my lessons to flow from one activity to the next transitioning from basic to more complex. The music I select ties the activities together keeping me focused and my students on task. Today, my lesson plans have become well thought out playlists thanks to the IPOD. I do not claim to be an expert on IPOD technology, but I have learned to use this tool effectively and highly recommend the investment.

SELECTION of MUSIC:

I use a wide variety of music; popular, Broadway show tunes, exercise CDs, nursery rhymes, oldies, classical, etc. My library is extensive and now with iTunes, there are endless possibilities. The one thing I do not do however, is ask my students for music. Yes, I can see the value of getting their input, but it is not the best use of my time sorting through their music and making sure it is appropriate etc. and trying to make it fit into the creation of my lesson.

The selection of my music has become a key element in setting the stage for my lessons in effort to create a positive learning environment. Depending on the lesson, I will use songs that match the activity such as “Jump” by the Pointer Sisters when my students are jumping rope, “Dribble, Dribble” from Mickey’s Sports Songs when working on dribbling. I also enjoy themed lessons such as winter wonderland and use “Let it Snow” while the students play with white balloons resembling snow as the balloons float in the air. On St. Patrick’s Day I use Irish music and all my equipment for the day is green. On Valentine’s Day I search for music that has the word “heart” and do a lesson on the heart. Yes, I enjoy the process, it can be challenging at times, but I always find it rewarding.

OTHER EXAMPLES:

Take Me Out to the Ball Game (Christy Lane's Sport and Novelty CD)
BASEBALL

Sweet Georgia Brown (Christy Lane's Sport and Novelty CD)
BASKETBALL

U Can't Touch This (MC Hammer/ITUNES)
SOCCER

The Beat Goes On (Sonny & Cher)
HEART

LESSON EXAMPLES:

The following are the examples of lessons that I have created and have used with both general and special education populations and numerous grade levels. I do modify the activities to meet the needs of my students and make the lessons age appropriate. The lessons I create follow a basic format for a 30-minute lesson: warm-up, 3-4 activities, closing. Each lesson will have a standard or standards embedded through out. In addition, I incorporate a theme, skill, or concept which I base my activities and song selections. The activities are very familiar, but with the music the lessons flow from one activity to the next.

LOCOMOTION (Locomotor Skills & Aerobic Fitness) (K-2nd)

Physical Ed (Physical Ed)

Great warm-up song, follow the cues of the song. Guides the students to jump, hop, skip, and leap.

Run, Walk (Physical Ed)

Instead of running in place as it says in the song I just override it and have the students run/walk around a set perimeter.

Can You Keep Your Balance (Physical Ed)

This gives the needed rest time for your students. Follow along with the song the best you can. However, I have found it quite challenging to keep the students interested so I change it up with different arm positions etc.

Jumpin' Jacks (Physical Ed)

Follow along but also be creative. This song can be exhausting if you do full jumping jacks for the entire song. Break it down to just the arms, just the feet (stride jump), then altogether.

The Buddy Balance (Silly Willy Moves Through the ABC's/Brenda Colgate)

Another rest break to practice balancing (37 sec.) follow the cues.

Skip To My Lou (150 Fun Songs for Kids/Countdown Kids)

Your students will instantly start skipping.

Side Slide (Physical Ed)

This song begins with the slide and does move on to hopping and kicking. However, I once again override the cues and continue working on the slide.

Jump Up Bend Down (La Di Da La Di Di/Learning Station)

The Hop Hop Song (Silly Party Songs/Daffy Dave)

Gallop (Physical Ed)

Fun song to have in the background when students practice galloping. However, I feel this song is too long for students to keep up galloping the entire time. I often set it up to gallop on the long sides of a basketball court and walk the ends. This results in a better effort and quality of a gallop.

The Hop Hop Song (Silly Party Songs/Daffy Dave)

Walking My Baby Back Home (James Taylor)

This is my cool down song.

ADDITIONAL WALKING SONGS (I use for a pedometer lesson. I change the way they walk with each change of song. Forward, Backwards, Zig Zag, Straight, Big Monster Steps etc.) All I did was put the word "WALK" in my library search and these songs came up.

A New Way To Walk (Sesame Street/Hot Hot Hot Dance Songs)

Walk This Way (Aerosmith)

Walk Like a Man (Frankie Valli)

Walking on the Sun (Smash Mouth)

These Boots are Made for Walking (Nancy Sinatra)

Walk Like an Egyptian (The Bangles)

As you can see with the locomotor lesson, many of the songs say the activity that the students are doing. I believe this adds to the learning experience. While the students are "doing" the activity, in the background, the music provides the rhythm and repeats the name of the skill being practiced. An environment is created that supports learning on multiple levels.

THEMES

These examples are for themed-based lessons. As an APE teacher, I teach pre-school through 8th grade. The teachers of the younger students often incorporate a monthly theme. I try to create at least one lesson each month that ties in with the classroom activities.

HALLOWEEN

Monster Mash (Itunes)

Perfect beat for a warm-up.

Ba Ba Bones (Physical Ed/ Learning Station)

I love teaching the bones at this time utilizing the skeleton of course.

Ghostbusters (Itunes)

I take white balloons and draw faces on them to create "Floating Ghosts", Sharpies work best.

Pick a Pumpkin Marcia Louis/Dancing with Mr. Bones

I use pumpkin candy holders and have the students gather the pumpkins and move them from one spot to another. I also use real small pumpkins to use as "medicine balls" ...lifting above their heads, passing to another student, etc.

Ding Dong the Witch is Dead (The Hit Crew/ Kids Halloween Party)

I do a witch lesson...I have found stiff witch hats that fly like Frisbees, I put hats on cones for ring toss, and toss a variety of beanbags in my black cauldron to make a witch's brew.

THANKSGIVING

I love teaching about nutrition and food groups at this time because of course we will be filling our plates up. I use plastic food and have the students select their foods and balance the food on a plate then we talk about what they selected and which food groups they belong in. I also do HOT POTATO....but instead of getting out...whoever has the potato moves to the next group. I do a warm-up to "Mashed Potato" and I play the game "Who took the cookie out of my cookie jar" ...but I use different colored potatoes.

Food Glorious Food (Broadway Musical Oliver)

Mash Potato Time (Crazy Party Songs/Disney)

Hot Potato (The Wiggles)

Potato (Cathy Fink & Mary Marxer/Bon Appetit)

Plant A Radish (Broadway Musical The Fantasticks)

MONEY

Most of your students will be learning about money in the classroom and I have created fun activities for tossing and matching. I also have created a fitness lesson with stations that I have give a \$ value to...when they do a station of their choice they "earn" that amount. At the end of the lesson you can talk about how "ribbons...earned less than running" etc.

We're in the Money (Rosemary Clooney)

Penny Lane (The Beatles)

If I Were a Rich Man (Broadway Musical/ Fiddler on the Roof)

Money (Broadway Musical/ Fiddler on the Roof)

ABC's

Matching letters, spelling words, bending their bodies into the shapes of letters. Spelling words or their names with ribbons.

ABC (Jackson Five)

Exercising Elephants (Brenda Colgate/ Silly Willy Through the ABCs)

The Flamingo Freeze (Brenda Colgate/ Silly Willy Through the ABCs)

GREAT CD that has an activity about 45seconds for each letter....one of my favorite CDs.

ANIMALS

I love doing various animal walks with this song....**"The Lion Sleeps Tonight"**

CIRCUS

Over the Waves (Christy Lane's Sports and Novelty Themes)

Balancing. Students practice balancing on a flat line on the ground, on a jump rope, and on balance beam. Forward, backward, side step, tiptoe, and balancing a bean bag while moving on the rope, line, or beam.

Be a Clown (Gene Kelly @ MGM/ Gene Kelly & Judy Garland)

Juggling Jive (Musical PE Plus CD)

Group Juggling

BIG BALL ACTIVITIES

Oh Belinda (Get Ready To Square Dance/ Jack Capon and Rosemary Hallum)

Rolling the ball around the circle following the cues.

I Want To Hold Your Hand (The Beatles)

Students hold their hands in a circle and they can only use their feet to move the ball from one side to the other.

Raiders of the Lost Ark (John Williams)...YES from the movie.

Create two circles (make a donut) Inside circle faces out and the outside circle faces in. First have the students push the ball around the circle to get the rhythm. Then have one student start running "chasing the ball and the ball is trying to catch up with student. They are to move in the same direction the whole time. I stop after about 5 times around if the student does not catch the ball or the ball catches the student.

CLOSING THOUGHTS

Incorporating music at this level does take time. However, for me it is worth the extra time sorting and searching through music to find the perfect match, just to see the smiles on my student's faces as well as the many classroom teachers and aides I work with. My lessons are fun but they are also standard based and offer many levels of learning opportunities. I have learned to appreciate the value of music and the positive impact music has on my students. At this stage, I will always incorporate music to some degree in every lesson I create.

If you do not use music on a regular basis I hope I have gotten you to consider it. If you already do use music, I hope I provided you with examples that stimulated your creativity to take your lesson planning and use of music to another level.

If you are interested in more lesson plans I am happy to share. I have created playlists for the following themes and concepts:

ABC's	Dinosaur
Animals	Halloween Bones
Apples	Halloween Ghosts
Beach	Holiday Hula Hoops
Bear	Rainbow
Bugs	Rolling
Bunny & Garden	Snow Play
Butterflies	Spider
Circle	Summer
Colors	Transportation
Kicking	Fitness
All About Me/Body Parts	Thanksgiving
St. Patrick's Day	Jungle

Favorite CDs: My New CD **GET'EM UP MOVING & LEARNING** Musical PE Plus
The Learning Station **PHYSICAL ED**
Greg & Steve's **KIDS in ACTION**
Christy Lane's **SPORTS & NOVELTY THEMES**
Brenda Colgate's **SILLY WILLY THROUGH THE ABC's**