

Body Parts

Pre-K – 1st Grade

Activity

Teacher-Directed Stop and Go: Similar to Freeze Dance, students move while the music plays and will freeze when the music stops.

Dance Elements

Body Parts

Content Area

Health Education

TEKS Addressed

Pre-K

- IX.C.1. Child practices good habits of personal safety.
- *IX.C.3. Child identifies good habits of nutrition and exercise.

Kinder

- PE.K.1A Move in different ways in a large group within and around boundaries without bumping into others or falling.
- PE.K.2A Identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.
- PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities.

1st Grade

- PE.1.1B Demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding.
- PE.1.6A Demonstrate starting and stopping signals.
- PE.1.7A Follow directions and apply safe movement practices.



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	Basic Steps
Stop and Go Activity	<ul style="list-style-type: none">• Teacher will start the music and call out a gross motor skill (skip, hop, march, tip-toe, gallop, crawl, etc.). Dancers will do this action through general space using their prop (yoga mat dot) as a steering wheel to move around the room.• Teacher will stop the music and students will freeze.• Each time students freeze, Teacher will call out a different body part (head, elbow, stomach, foot, etc.). Students will balance the prop on the body part called. <p>Teaching Tip: Make observations about the students' movement to encourage more creative choices. Ex: "I see all my dancers marching in a forward direction"</p> <p>Group Reflection: Whisper to the friend next to you on which body part was the hardest to balance.</p>

