

Title: A Little Bit Up and A Little Bit Down

Age Group: Toddler / Preschool

Submitted by: Rimi (Home Child Care)

Type of Activity: Physical – Gross Motor (Action Song)

Materials:

- Action song using your body

How to Do it:

(Actions: Lift and lower arms “a little bit up and a little bit down”, then follow actions in lyrics)

Chorus: A little bit up and a little bit down, A little bit up and a little bit down, A little bit up and a little bit down, that’s what makes the world go round

I have 2 hands and I can clap them now, I have 2 hands and I can clap them now, I have 2 hands and I can clap them now, that’s what makes the world go round

Chorus

I have 2 feet and I can stamp them now... etc.

Chorus

I have a body I can turn around...etc.

Chorus

I have 2 arms and I can fly around...etc.

Chorus

I have 2 legs and I can jump up high...etc.

Chorus

I have 2 lips and I can blow a kiss...etc.

Chorus

Root Skill / Extension:

Physical – 5.2 Gross Motor, Movement and Expression:

- Increasing control over own movement skills.
- Matching movement to the rhyme and mood of music
- Working together in a shared dance

Extending the learning: when signing the song you can go faster then slower.