

MOVEMENT POEMS

This series of movement poems were written by Rosemary Weldon, a music teacher from Roseworth Primary School who is passionate about the benefits children get from movement. They are designed to be used as movement breaks in the early childhood years. See more from this series at www.kiddo.edu.au

Riding a Bike

I'm riding my bike. I roll back on my shoulders and put my legs in the air.

I start slowly at first. Round and round my legs go. I am on flat ground so I can start to make my bike go smoothly. Now I am going pretty fast. It is fun.

Oh, no! Here is a hill. I will have to push my legs harder and slower to get up this hill. Push, push, push!

I knew I could get up that hill. I'm on the other side now ... I can go down the hill, it's only a little slope ... legs out, I don't have to pedal. Whee-ee!

I'm on level ground again. Off I go, as fast as I can.

I'm nearly there. Yes, getting slower now ... put on the brake. That was a fun ride!

Day at the Show

I'm at the Royal Show. It is so exciting! What shall we look at first?

Let's go on some Bumper Cars. Try not to hit anyone. You've got to dodge them! Go as fast as you can! *Pretend to drive a car holding the steering wheel with both hands and running around but dodge the other cars!*

Let's look at the big Ferris wheel slowly going around. Slowly round and round we go, up in the air and down to the ground, stop to load up with people then off we go again, the other way. *Feet wide apart, arms up in the air then circle around, touch the ground then round and up again.*

Let's go to the Main Ring, now, and look at the show horses. The horses can gallop ... it is such fun to see them moving so fast. *Gallop about with arms held as if holding reins.*

Now the horses are walking with straight legs and heads held really high. *Make sure there is a change in pace for the walk, hands still up holding the reins.*

It's time to see the horses galloping up and jumping over the hurdles! Gallop and leap, gallop and gallop and leap. *Pretend you are jumping over a fence or a gate.*

We'll go back to the Side Show Alley to have a bit of fun before we go home. There are the clowns with their mouths waiting for someone to throw them a ball. *Stand still and open mouth wide like a Show Clown and move your head from side to side slowly*

No, no one threw a ball in! Let's see if we can get a ball into the clown's mouth. Pay your money first ... here we go ... *underarm throw* ... No missed ... have another shot ... no missed ... another shot ... yes, the ball went straight in! A prize, a prize ... we got a prize.

"May I have the koala toy, please? Thank you." It's time to go home with my koala.

Balancing Many Ways

Today we are going to see how many different balances you can make using different parts of your body.

An easy one to start with: see if you can balance on two feet! Yes, that was easy but don't move, stay balanced. Look those feet are close together, those feet are forward and back!

Now see if you can balance on one foot and one hand. Hold it steady for a balance.

Make it the other foot and a hand. This side of the class look at the balances of the people over here. Now swap and look at the other group

Now make your balance a foot and an elbow! Hold it balanced!

Let's see if you can make a balance with your bottom and one hand. Try making a balance with your bottom and one foot.

I wonder how creative you are? Try to make up your own balance with two body parts. In a little while everyone will look at your best balance so don't forget to hold your balance steady.

At the Farm

Today we're going to the farm, I can see the rabbits from here. *Bunny hopping*

They are hopping around the sheep. *Crawling and baaing*

Look, over there, see the some frogs jumping about. *Frog jump*

They are under the windmill near the dam. *Windmill arms*

There'll be some worms under the ground over there, too. *Worm wiggle*

Here come the ducks, flying in, but now they are waddling over to the dam to dig for some worms. *Duck walk*

I can see the goat kids over there, they are skipping around and having so much fun. *Skip around*

Now I can see some human kids sitting down and resting after their big day at the farm. *Sit cross legs*