Moving with the Movies III

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Thanks for coming to my session. My presentation has a few fun ideas to incorporate music from your student’s favorite movies.

I have developed several games and a dances for Frozen and the Lego Movie. Your students are sure to have fun.

 

*FROZEN*

|  |  |
| --- | --- |
| Game Title | In the Freezer |
| Grades | K-5 |
| Equipment | 6 freezers (rubbermaids, buckets, clean garbage cans…)  Throwing balls (yarn, fleece, nerf) |
| Description | Split the classes into two teams and create a middle boundary line. Place the 3 freezers on one side of the gym and 3 on the other. Scatter the balls throughout the throwing area.  On your signal, students will throw the snowballs into the freezers on the opposite side of the gym, without crossing the middle line. You can choose one student to guard each freezer, or you can say NO guards and see how that goes. After a few minutes, stop the game. I emphasize no throwing after the game has stopped, or its cheating. Count how many snowballs are in the freezers and declare which side wins (or you can just dump them out and start again). |
| Modifications | Change the way you throw: underhand, overhand, backward over your head, under the legs, eyes closed. |
| Music | Anything from the frozen soundtrack |

freezers

throwing balls

*FROZEN*

|  |  |
| --- | --- |
| Game Title | Frozen Tag |
| Grades | K-3 |
| Equipment | 2 Green tag balls, 2 purple tag balls, 1 blue ball |
| Description | Choose 5 taggers (or 1 of each color)  The green taggers are Sven. They turn you into a reindeer. Crawl around on all fours.  The purple taggers are Olaf. You freeze and turn into a snowman.  The blue tagger is Elsa. If she points the blue noodle at you, you freeze in that position.  Anyone can save you by saying “Let it Go”.  Play for a few minutes and choose new taggers. |
| Modifications | Change locomotors. |
| Music | Any song from the Frozen Soundtrack |

**FROZEN**

Love is an Open Door Warm-Up Song

Grades K-5

Introduction-Shoulders up and down

1-8 Push arms up to roof

9-16 Push arms down to floor

1-8 Push arms out to right and left

9-16 Wave arms overhead

1-8 Stretch overhead to the right

9-16 Stretch overhead to the left

Chorus-Gallop around for 48 counts, then come back to circle

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Chorus-Gallop around for 48 counts, then come back to circle

**FROZEN**

In Summer

Ribbon or scarf Dance

Grades K-3

Introduction…shake however you’d like

1-8 To the right, out in, 8 times, from low to high

9-16 Two big circles in front, cross ankles and turn, put ribbon in the left hand

1-8 To the left, out in, 8 times, from low to high

9-16 Two big circles in front, cross ankles and turn, put ribbon in right hand and grab the bottom of the ribbon with your left

1-16 While holding the bottom, wave the ribbon around

1-8 To the right, out in, 8 times, from low to high

9-16 To the left, out in, 8 times, from low to high

1-8 Jump to the right four times, while making four circles

9-16 Shake ribbon on the floor and turn around

1-8 Jump to the left four times, while making four circles

9-16 Shake ribbon on the floor and turn around

1-16 While holding the bottom, wave the ribbon around

Put ribbon down on the floor. Point to the sky, then all of your friends. Pick up the ribbon and shake it.

Big ending…(in summmmmmmmmmmeeeeeeerrrrrrrrr)

Start low, shake it slowly to the top right, then down and up for the ending pose.

**THE LEGO MOVIE**

|  |  |
| --- | --- |
| Game Title | The Lego Game |
| Grades | K-5 |
| Equipment | None, microphone preferred |
| Description | This is a modified version of Ship to Shore, but with Lego characters. It is almost like Simon Says, in the fact that you can trick the kids into moving. After you say President Business, they have to freeze and salute, and stay in that position until they hear “at ease”. If you don’t say “at ease”, and say “superman” and they do it, they would be out. |
| Modifications | You don’t have to play elimination. I often tell my students we will play no elimination this time, and next time we will, and we never do. Or you could have them sit out and be judges, or come back in after 3 more calls. |
| Music | none |

|  |  |
| --- | --- |
| **Character** | **Action** |
| Lego | Move to the Left (jog, slide...) |
| Movie | Move to the Right (jog, slide…) |
| President Business | Salute and have to stay in this position until you hear “at ease” |
| Superman | Do the superman position on the floor |
| Wildstyle | Dance around like you are wild |
| Emmitt | Freeze, thumbs up, and say “Everything is awesome” |
| Metalbeard | Act like a pirate ….argghhh |
| Unikitty | Go on all fours and act like a cat |
| Vitruvius | Freeze and close your eyes |
| Good Cop | Find a partner and freeze in a high five position and smile |
| Bad Cop | Find a partner and handcuff them |
| Astronaut | Yell “Spaceship” and fly around |
| Batman | Sit down, drive your batmobile |

**Everything is Awesome**

**Lego Dance (grades 3 and up)**

Put students in groups of 4 in a square shape, use poly spots if necessary.

# them 1, 2, 3, 4

For Chorus (everything is awesome)

1-8 Jump and pump arms 8 times

9-12 march forward and high ten the person across from you (1s and 3s, 2s and 4s) One duo will have to go high while the other goes low

13-16 march back to your spot and high five the people next to you, both hands, a high 20

Repeat for counts 17-32

Kick sequence with partner (32 counts) (1s with 2s, 3s with 4s)

Face partner…one kicks in the others legs, while one does a straddle jump, then switch (or two jumping jacks)

Then kick right and left (each combo is 8 counts) (CHANT- In, Open, Side by Side)

Do the sequence 4 times

High Ten sequence with partner (1s with 2s, 3s with 4s, same as kick)

Still facing that partner.

1-8 Hit your legs twice, their hands twice, your legs twice, their hands twice

9-14 Hit your legs one, their hands once, 3 times

15-16 Be ready for chorus again

Chorus

Freestyle

On your own spot, for 48 counts, do whatever you’d like.

Kick Sequence

High Ten Sequence

Chorus but in slow motion, half counts

1-4 Jump and pump arms 4 times

5-6 march forward and high ten the person across from you (1s and 3s, 2s and 4s) One duo will have to go high while the other goes low

7-8 march back to your spot and high five the people next to you, both hands, a high 20

Repeat for counts 1-8

For the next 64 counts…(the weird part, easy to do, hard to explain)

Students all have a number, Count slow 4s…everyone has a time 1 then 2 then 3 then 4

So for counts 1-8 (student 1 goes down on 1, student 2 on 2, student 3 on 3, student 4 on 4)

And for counts 9-16 (S1 goes up on 1, S2 goes up on 2, S3 goes up on 3, S4 goes up on 4)

Repeat until count 64…students can pose when they go down or up, everyone should end up.

1-16-everyone sags low and dangles their body

17-32-crazy toes….point toes inward, then rotate for heels to touch, then back to toes and rotate heels to touch the other direction.

Chorus until the end, end in the high 20 pose!