



ARTS, MUSIC, LITERATURE

TITLE: POP Goes the Student

SUBJECT: Music

GRADE LEVEL: K-1

OBJECTIVE(S): To dance using the word “pop”

OVERVIEW:

1. Students will warm-up in a circle, with teacher in a visible location for all students to observe.
2. Stretching exercises that incorporate stretching the upper and lower body. Thoroughly stretch large and small muscle groups in the upper and lower body.
3. Popcorn – Students will start low to the ground, while popcorn begins to “pop.” As popcorn “pops” faster, the students begin to rise up from the low-level position. As popcorn is “popping,” the students move their arms and hands in front of them. As popcorn finishes “popping,” the students then stand up and reach for the ceiling.