

GET MOVIN'!

Use music

to inspire activity

Materials: Worksheet copies, recording of a catchy tune (Team Leaders' choice)

Directions: Read the worksheet, complete the activity and discuss as a group.

How do you feel when you hear a catchy tune?

A song that has you tappin' your toes and wigglin' your hips?

Music is magic. It can motivate, stimulate and elate!

We feel good when we move — and nothing gets us moving like a snappy song.

Today, we're going to learn a few moves to stay active. Let's listen to a song we selected. Then, we'll create a dance routine.

ACTIVITY INSTRUCTIONS

1 We're going to demonstrate four moves. After each demonstration, we'll practice the move together three times.

- Touch your toes
- March in place
- Jumping jacks using arms only
- Jumping jacks using legs only

2 Now, we'll put it all together into an exercise routine. Once we start the song, begin the following routine as we call it out and say "now"! (*Start the song.*)

- Do 8 touch your toes... *now!*
- Do 16 march in place... *now!*
- Do 8 jumping jacks using arms only... *now!*
- Do 4 jumping jack using legs only... *now!*

3 After we've completed the routine, let's discuss how we feel. Did the music motivate you? Did it energize you?

The next time you hear a jazzy tune, get moving. Let's all stay motivated, active and healthy through music!

