

'kidz-fiz-biz'

physical business for kids

Ages 2-7



Includes
2 CDs of
accompanying
music

learning through drama,
dance and song

Marlene Rattigan
Illustrator - Jennifer Rawlinson



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Kidz-Fiz-Biz

(Physical Business for Kids)

Rationale

Kidz-Fiz-Biz is a user-friendly, comprehensive music and movement program which covers all aspects of learning – cognitive, linguistic, social/emotional, physical, and aesthetic. It will not only engender a love of moving to music but will also develop musical and listening skills through drama, dance and song. While a background in physical education or music will enhance the enjoyment of using this program, it is not a pre-requisite.

Teachers should be able to incorporate the lessons easily into their daily or weekly schedule, appreciating the links to other learning areas throughout the curriculum framework. In this way music and movement can form the basis of the yearly teaching program. It has an integrated approach, using topics to link the various learning outcomes.

Parents wishing to extend and enhance their child's development, will also benefit from the detailed notes on how to use each piece of music creatively. In this way, even those without a music background, can give their children the advantage of a vital musical education. A music and movement session incorporated into the daily life of parent and child will not only extend the parent's repertoire of games, rhymes, fingerplays and other activities to share with their child, but will also become a fun way to play with their child. Strong parent/child bonds thus formed early in life pave the way for greater mutual understanding, respect and tolerance in family problem solving later on when children become teenagers and young adults.

Stretching and relaxation is included for several reasons. It helps to develop good self-control and body awareness while improving the children's flexibility. It may also prevent injury. It is well documented that certain music can relax the mind and body while extending the imagination.

In an over-stimulated, fast-paced world, children can too easily be swept along in the rush, unable to gain the vital ability to use and develop their imaginations through lack of opportunity. My program can help to redress this balance. Children with highly developed imaginations are generally calmer and more self-reliant, able to occupy themselves rather than constantly depending on parents, other children or other external stimuli for amusement. The benefits of having these skills in adulthood are obvious.

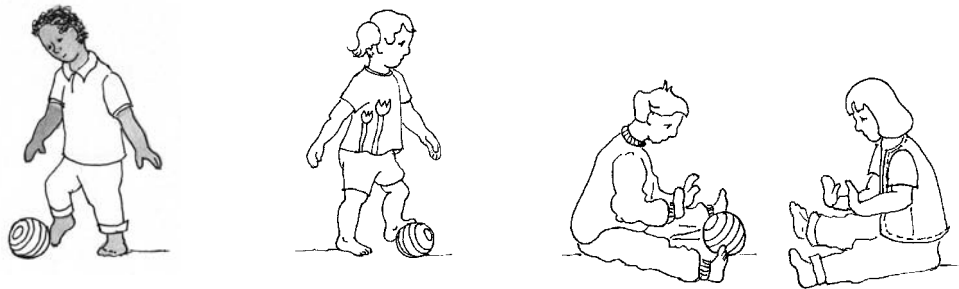
I have loved teaching and developing Kidz-Fiz-Biz. I hope you will find it as rewarding and as much fun as I have. Enjoy!

Marlene Rattigan B.A., Dip. Ed. (Early Childhood Educ.), CELTA.

Skills: *Roll 'em* – CD 1 track 14 (1.34)

Various Ball Skills

- Push ball with one foot at a time – DON'T KICK! – as in football (front of foot) and soccer (inside of foot)
- Use a tapping stick to guide the ball to the other side of the room
- Bounce and catch
- Bounce continuously (don't catch in between bounces) – have children count the number of continuous bounces – aim for 10
- Sit opposite partner with legs apart – roll to each other (make sure children push with palms; don't flick with backs of hands)
- Throw and catch to partner (control this!)
- Bounce to partner – partner catches and returns the bounce

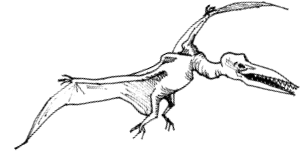


Outcomes: *foot-eye co-ordination, hand-eye co-ordination, gross motor co-ordination, balance*

Kidz-Fiz-Biz

Music and Movement for Children (age 2–7)

Dinosaurs



INTRODUCTORY LESSON

For instructions see the complete lesson that follows. If children are inexperienced with music and movement lessons, or the teacher/parent is, then it is very wise to start off slowly and not try to be too ambitious. Having mastered this basic introductory lesson, more can be added later from the longer version. Establish clear rules (see page xii).

Equipment: Tapping sticks – 1 pair per child
Ladder (see page 28 for dimensions)

Fingerplays: Two Little Dinosaurs
Here is the Box

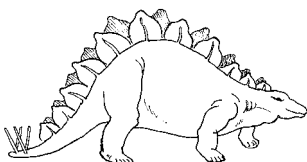
**Music, Song,
& Rhythm:** Mr Sun
Music, Music, Music

Warm-up: Da Da Da Do Do Do

Dance & Drama: Dinosaur Run
Minoesjka

Skills: Prehistoric Animal Brigade – ladder
Mr Sun – ladder

Stretch & Relax: The Swan



Warm-up: Remind children of the rules (see page xii). Have them all traveling in the same direction. Start off with a clockwise circle then change direction for each track. They must stop the moment the music stops.

Da Da Da Do Do Do – CD 1 track 19 (3.10)



Introduction – 16 beats, wait (you could have the children count up to eight two times – in their heads, otherwise they’ll miss the start because of the din).

Start marching. This track gives enormous opportunity for moving in all sorts of creative ways while still doing a basic march. These are just a few suggestions –



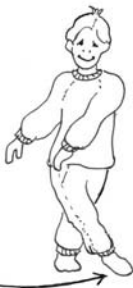
Follow the leader – march in a circle; then in a square, then in a triangle. Children aged 5 and over can cope with a figure 8 which entails weaving through a line – great for spatial awareness. Have your teacher assistant at the end of the line and do a spiral (do not join the circle but move inside the circle). When you are too squashy, have everyone turn around and move in the opposite direction. The assistant is now the leader. Hilarious fun. Older children love the responsibility of being on the end of the line and leading the group at the end.



March on heels, on outsides of feet, on toes with arms stretched up, crouched down.

March backwards (only do this if space permits), sideways (side-step), crossover sideways in front and behind then reverse direction.

Stand and do grapevines (see “Our School Rap” on page 12).



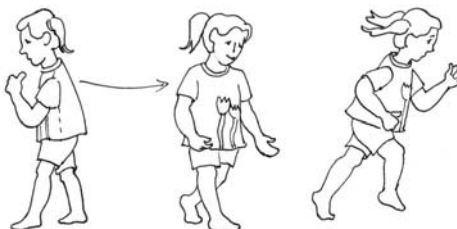
March in a circle and do various arm movements. Arms up and down to shoulder height, in and out at chest height, extend sideways at shoulder height, bend elbows so that wrists come up to chest (bicep curls).

Outcomes: gross-motor co-ordination, balance, flexibility, spatial awareness, proprioception, listening skills.

Dance & Drama:

Dinosaur Run – CD 1 track 20 (2.57)

Do actions as per each dinosaur (e.g. pterodactyl flies, T-Rex has short forelegs etc.), dinosaurs move slowly and stomp along; slow down when music slows, then stop. Thumb points to self (“I’m their fun”), then do 1½ turns to run in opposite direction.



Outcomes – gross-motor co-ordination, balance, listening skills, interpretive movement.

Prehistoric Animal Brigade – CD 1 track 21 (1.08)

Children do actions as per song – brontosaurus, stegosaurus, pterodactyl, mammoth. If they know the words, encourage them to sing along. Finally, they choose which dinosaur they want to be – any dinosaur, not just these ones – and stay with that movement. They must move in time with the music – it is **slow and ponderous**.

Outcomes: gross-motor co-ordination, rhythm, (pitch – if singing), listening skills, interpretive movement

Maggon The Dragon – CD 1 track 22 (1.23)

Children move quickly like a dragon making fire-breathing noises (without voice).

Outcomes: gross-motor co-ordination, interpretive movement, cardiovascular fitness

When Dinosaurs Roamed The Earth – CD 1 track 16 (2.20)

This can be acted out here as well as being sung in the music section.

Outcomes: gross-motor co-ordination, interpretive movement, listening skills

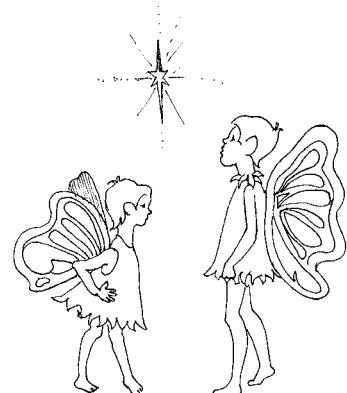
Kidz-Fiz-Biz

Music and Movement for Children (age 2–7)

Fairies and other Fantasy Folk

COMPLETE LESSON

Equipment:	Percussion instruments Scarves – one per child
Fingerplays:	Two Little Fairies Sitting on a Wall Here Is The Fairy Goblins and Fairies I Heard a Little Fairy A Witch and a Troll
Music, Song, & Rhythm:	John Russell Watkins Goblin Song
Warm-up:	Perpetuum Mobile
Dance & Drama:	Dance of the Toy Flutes Get You Moving Puff The Magic Dragon Dance of the Sugar Plum Fairy Trepak Minoesjka
Skills:	Ice Castles Theme – scarves (fairy wings)
Stretch & Relax:	Moonlight Sonata



Kidz-Fiz-Biz

Music and Movement for Children (age 2–7)

Fairies and Other Fantasy Folk

Fingerplays: The children should be sitting in front of the teacher for this section.

Two Little Fairies Sitting on a Wall

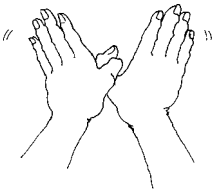
A variation of Two Little Dickie-Birds.

Two little fairies sitting on a wall (2 fists with 2 index fingers raised)
One named Peter (right finger), (bend each index finger when named)

One named Paul (left)

Fly away Peter, fly away Paul (put fists behind back one at a time)
Come back Peter, come back Paul (bring each fist to front again)

Outcomes: *fine-motor co-ordination, sequential memory, laterality, proprioception*



Here Is The Fairy – Marlene Rattigan

Here is the fairy dainty and small (link thumbs and flap “wings”)
Here is the gum tree straight and tall (arms together straight up)
Here is kookaburra’s beak shut tight (snap thumb against closed fingers – do it with both hands)
Here is the fairy hiding out of sight. (hide hands behind back)

Outcomes: *fine-motor co-ordination, sequential memory, proprioception*



Kidz-Fiz-Biz is a comprehensive, user-friendly music and movement programme for young children (ages 2–7) which covers all aspects of learning – cognitive, linguistic, social/emotional and aesthetic. Teachers will be able to apply the lessons to learning areas in the curriculum as well as develop musical and listening skills through drama, dance and song. Parents wishing to extend and enhance their child’s development will also benefit from the detailed notes on how to use music creatively.

This fully illustrated book and the two accompanying music CDs incorporate:

- **Songs, rhymes, fingerplays, music skills and percussion.**
- **Dance, drama, motor skills, listening skills, flexibility and relaxation.**
- **An integrated approach with links to other learning areas.**
- **Classical, jazz, folk and pop music including proven children’s favourites.**

In an over-stimulated, fast-paced world, children can too easily be swept along in the rush, unable to gain the vital ability to use and develop their imaginations through lack of opportunity. This book helps to redress the balance.

“*Kidz-Fiz-Biz* is an essential resource for busy teachers, especially those lacking extensive musical expertise. Everything you require for each session is provided, avoiding the necessity to search around for just the right piece of music. At the same time, sessions are sufficiently flexible to enable the substitution of other musical scores or ideas. Whether you decide to use the programme in toto, or as a springboard for your own ideas, the outcome will be the same. You will be contributing to the children’s joy in learning, at the same time as developing their physical and musical prowess. *Kidz-Fiz-Biz* is a timely resource that comes highly recommended.”

Dawn Butterworth PhD BA BEd (hons) DipKTC AmusA

“This book offers any educator and parent a chance to actively engage a child’s imagination, sense of play, sense of fun and natural curiosity whilst learning to develop memory, spatial awareness, co-ordination, body awareness and the importance of relaxation.”

Kathleen Ginn, developer of Rapid Sensory Learning and Conscious Creation

Includes 2 CDs of accompanying music

Marlene Rattigan is an Early Childhood teacher, a teacher of English as a Second Language, and from 1987–2000 was a nationally accredited fitness leader. Her background is in music education. A keen interest in motor development in children led to the creation of *Kidz-Fiz-Biz* which she taught successfully for 13 years. Marlene conducts workshops for children, teachers and parents at schools, in the community, at festivals and conferences. This book is an extension of her ‘*Kidz-Fiz-Biz*’ programme.



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