

**SHAPE America
National Convention
Seattle, Washington
March 19, 2015**

**Aleta Jo Crotty
Midwest District
TOY 2014**

The purpose of this presentation is to demonstrate how music can be used to teach locomotor skills, nonlocomotor skills, manipulative skills. Rhythmic opportunities should be designed to assist children in becoming competent and confident movers. Children need many opportunities during the early years as they strive to become proficient movers. Begin with fast and vigorous movements that are appealing to young students. Running, jumping, and leaping bring forth excitement and joy.

Bits and Pieces

Using short segments of music is a great way to teach a variety of skills. Use music to teach throwing and catching, dribbling a basketball and a soccer ball. Select a specific rhythmic selection to match the skill of your lesson. For example, use the Harlem Globe Trotter song to teach basketball skills. My kids love it! Integrate multicultural awareness with the Macarena and La Raspa. Teach cooperative skills using Cotton Eyed Joe as students demonstrate right and left arms swings with their classmates.

Enhance Academic Achievement in the PE setting

Reading, writing, anatomy, history, and geometry are a few of the many academic subjects that can be integrated into the Physical Education setting. Collaborate with the classroom teachers on specific content or certain projects that you can blend into the PE curriculum. When classroom teachers realize that your physical education class is not like recess, you will be more likely to gain their support and respect.

Great resources to help with integrated lesson ideas:

- Active Academics (www.activeacademics.org)
- PE Central
- Great Activities

- Spark (www.sparkpe.org)

“Help Me”.....I’m Teaching Pre-K

Children need many opportunities during the first years of life as they begin to develop fundamental movement skills. Instruction in movement is important for preschoolers to become skillful movers. A meaningful movement program can help preschool children master a set of fundamental skills that will provide a foundation for more complex skills as children grow and mature.

Great resources for movement opportunities include:

- The Learning Station: www.learningstationmusic.com
- More Kids Fun DJ’s Choice
- Exersongs: www.exersongs.net
- Greg and Steve: www.gregandsteve.com
- Sally the Swinging Snake: www.edact.com
- I’ve Got Music in Me: www.jackhartmann.com
- Sportime.com

Music Makes Me Move

Research shows that music has the ability to enhance both mood and motivation. Music can not only quicken our pace during physical activity, but it can also help us continue to walk or run an extra lap or two.

In the classroom setting music can be used in the following ways:

- Motivator
- Protocol (used to stop and start movement)
- Provide multicultural awareness (La Raspa or Mexican Hat Dance)
- Energizer
- Motor skill development (use the song, Popcorn to focus on the skill of jumping)
- Movement concepts. (use the song, Wipeout to teach the concept of fast)

Please contact me if you have any questions:

acrotty@k12.wv.us