

Lesson 9: Hop with Your Feet

Do together.

Invite children to brainstorm different ways they can move their feet.

Sing to the tune of Skip to MY Lou.

Insert a new movement into the lyrics and move and sing together.

Hop, hop, hop with your feet.

Hop, hop, hop with your feet.

Hop, hop, hop with your feet.

Hopping on your bird feet.

... jump, stomp, tap, slide

