

physie101

Preschoolers Physie Song List

WARM UP

- Getting Strong - The Wiggles
- Jump Forward Jump Back - Hi 5
- Shake (your shaker eggs) - We kids rock
- Stretching Song - Miss Melodee
- Jump - Miss Melodee
- You can stomp your feet
- Can you clap? Sue Schnitzer

DYNAMICS

- Find a range of music that changes tempo and can include movements such as tip toeing, skipping, galloping, jumping, twirling, hopping and swaying.
- How do you move when the music is slow and when the music is fast?

DRILLS

- Ballet Exercise 1 - plie's in 1st
- Ballet Exercise 2 - plie's in 2nd (Album: Ballet Music for Children and Kids Ballet Dance Company Instrumental 2 Sep 2010)
- Marching music from previous years
- Tip Toe through the Tulips - Georgie Parker

ACTION

- Put a spot over here - play school
- I'm a little teapot
- Rock a bye bear - the wiggles
- Heads and shoulders knees and toes
- I can run as fast as you - Peter Coombs
- Rhythm in the scarves - Johnette Downing

FUN

- I'm gonna catch you - Laurie Berkner
- Trolls/Moana/SING! soundtrack
- The Lalala Song - Miss Melodee
- Boom Boom Beat - Hi 5

RHYMES

- Row Row Row Your Boat
- Dot Dot Line Line
- Slice Slice Slice
- Ring a ring a rosie