



Month 8

Swinging, Spinning and Rocking

Preschool

Rowboat

Sit facing each other, legs in a "V". Take each other's hands. Press your toes or soles of your feet against your child's. Sing "Row, Row, Row Your Boat" while pushing and pulling the "oars" (each other's hands). "Row" forward and back as far as you can go until your backs touch the floor, if safe, appropriate and possible!

Ring Around the Rosey

The children hold hands and walk around in a circle as they sing:

" Ring-around-the-rosey
Pocket full of poseys
Ashes, ashes
All fall down"

The children follow the action suggested in the last portion of each verse.
Suggested verses:

- All clap hands
- All hop around
- All spin around.

Having the children hold hands and face outward from the circle is more challenging than facing the center.

Three Times Around

Have the children stand in a circle. They can join hands and walk around or stand independently and spin in place. Sing the song:

"Three times around went the gallant ship,
And 3 times around went she.
Three time around went the gallant ship,
And we sank to the bottom of the sea" (All fall down)

You can add numbers and count as high as you want; i.e. 4 times around, 5 times around,...

Listen, Listen, Listen

Have the children stand in a circle with joined hands. Say the verse and follow the actions:

Step one and two (take 2 steps to the left)

Jump three and four (take 2 little jumps and drop hands)

Turn around quickly (turn around)

And sit on the floor (sit on the floor with legs crossed)

Clap one and two (clap on "one" and "two")

Shake your head three and four (shake your head on "three" and "four")

Jump up again (jump up to a standing position)

And be ready for more (join hands again and start over).

Spinning Statue Freeze

The children pair off, they grasp hands and spin around in a safe manner. It is usually best to have only one pair moving at a time. At the count of "1-2-3", they stop and assume a specific posture.

Suggested Postures

- Animals: elephant, donkey, rabbit, monkey
- Reflections: the child copies the partner's position
- Robots: The child holds the posture. The teacher "activates the robot" by "turning on" one arm or leg at a time. The child maintains this action until every child has been activated."

Rock the Boat

Lie flat on your tummies, lifting your arms and legs off the floor. Rock like a boat; forward and backward and side to side. Talk together and make "putt, putt" sounds as you pretend to move along the water.

Rocking Chair

Sit on the floor with your legs bent and your hands out to the side for balance. Tuck your legs in close to your body and wrap your arms around behind your knees. Lift your feet off the floor and rock forward and backward, and side to side.

Wash the Dishes

Stand facing your child, holding her hands. Say the rhyme:

"Wash the dishes, dry the dishes, turn the dishes over."

Swing both arms to one side then to the other side to start. On the word "over", swing your arms up and turn your child around in a full circle so your arms are crossed. Repeat the rhyme, swinging your arms again. This time, on the word "over", uncross your arms and return your child to her original position. Repeat several times.

Rockin' Rolls

Both sit on the floor, knees bent, feet on the floor and hands clasped together under your knees. Bring your head toward your knees. Show your child how you rock gently on your lower back and then forward again. Keep your body in a tucked position. Show her how not to go too far back. If you rock back onto your shoulders, it will be too difficult to rock back up. Another variation is to rock side to side.

Merry-Go-Round

You will need: 1 parachute or blanket cut into a large circle.

Have everyone stand in a circle, holding on tightly to the edges of the parachute or blanket. The children pretend they are on a merry-go-round and start walking around all facing the same direction. Suggest that they change directions, or that they make their merry-go-round go faster or slower.

References:

SPARC: Sports and Recreation New Zealand (2008). Balance: swinging, spinning and rocking. Active Movement.

Yack, E., Sutton, S., Aquilla, P. (1998) Building Bridges through Sensory Integration. Willowdale (ON): Print 3, Syd and Ellen Lerer