

Move to Mozart

**MUSIC FOR
MOVEMENT**



resting and running

JOHN SEAL

move



Instrumental music for resting and running.

for use in kindergartens, and at home. Children always move to music and rhythmic movement is the foundation of much of our learning. Teachers will find this a useful tape to encourage and develop rhythmic movement and beat. It will prove as useful for those odd minutes where a change of activity is appropriate as for the structured movement lesson. You may find the music is used most effectively only one at a time. Repetition of the same activities is essential to develop a sense of and security with the music and the movement. John Seal employs a colorful variety of percussion instruments, and flute, guitar and acoustic bass are heard as well.

music for resting and slow movement

Andante from Sonata in A major, K331 (WA Mozart)

Marimba, guitar, drums, vibes

Neopolitan Christmas carol

Marimba, guitar, bass, side drum, vibes

French lullaby

Marimba, guitar, bass, drums, vibes, glockenspiel

German lullaby

Marimba, guitar, bass, drums, vibes, glockenspiel

American lullaby

Marimba, guitar, bass, drums, vibes

English lullaby

Marimba, guitar, bass, drums, glockenspiel

Neopolitan Christmas carol

Marimba, guitar, bass, side drum, vibes

Andante from Sonata in A major, K331 (WA Mozart)

Marimba, guitar, drums, vibes

Activities

Child can be rocked or swayed on adult's knee.

Rocking in time or swinging in time.

Hands held together and swinging to beat.

Rhythmic walking with child on an adult's feet.

Stepping in time – individually or in simple dance steps – in formations such as with partners, in lines, or with hands joined in circle.

Stacking hands.

music for running and fast movement

Allegro vivo from "L'Arlesienne" Suite No. 2 (Bizet)

Flute, bass, drum, guitar

German folk tune

Marimba, flute, bass, side drum, cymbals, xylophone, guitar

Piu mosso from "Aida" (Verdi)

Flute, bass, side drum, xylophone

Russian folk tune

Flute, bass, side drum, xylophone, guitar

Presto from Op. 74, No. 2 (Haydn)

Marimba, flute, bass, triangle, guitar

Danish folk tune

Marimba, flute, bass, side drum (brushes), xylophone, guitar

Rondo Alla Turca, K331 (W.A. Mozart)

Flute, bass, cymbals, triangle, glockenspiel, guitar

Czech folk tune

Flute, bass, drum, guitar

Pillow dance (Johann Strauss, Senior)

Flute, bass, side drum, xylophone, guitar

Polish folk tune *

Flute, bass, side drum, cymbals, guitar

Allegro vivo from "L'Arlesienne" Suite No. 2 (Bizet)

Flute, bass, drum, guitar

Activities

Running around room – free movement in space.

Running whilst music plays, stop when music stops – eg. musical chairs.

Fast hand movements – running fingers, hands slapping thighs (patsching), follow the leader (hands on shoulders, heads, etc., in time to the music).

Partner activities eg. patsch, patsch, clap, clap (“My mother said, I never should ...”). Most effective training when one partner is reliable.

Dancing in formation:

Circles (simple folk dance) – 8 steps to right, 8 steps to left, 8 steps forward, 8 steps backward.

Lines – the dance formations are more demanding in lines. As an example, the group may be interlocked in a line, or organised in opposing lines, a common practice in bush dances.

* For the *Polish folk tune* the children will enjoy marching together in formation during the slow sections; for the fast sections the children may run in a particular direction or on the spot – then reform as quickly as possible for the next slow section.

John Seal *assorted percussion*

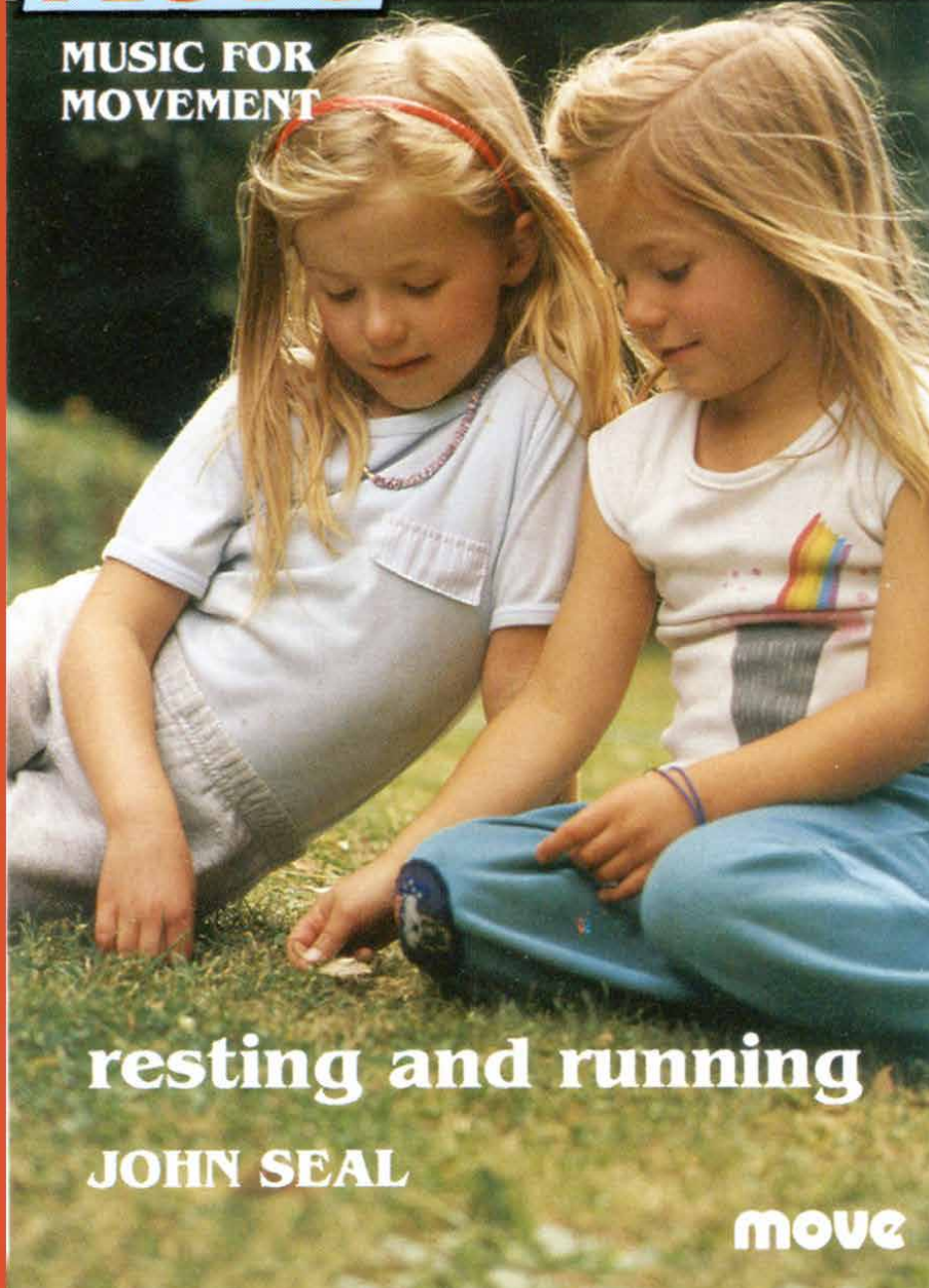
Jean Penny *flute*

Jack Stringer *guitar*

Michelle Picker and Lach Easton *double bass*

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