

# **Move** to Mozart

**MUSIC FOR  
MOVEMENT**



**resting and running**

**JOHN SEAL**

**move**



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## **Instrumental music for resting and running.**

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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*

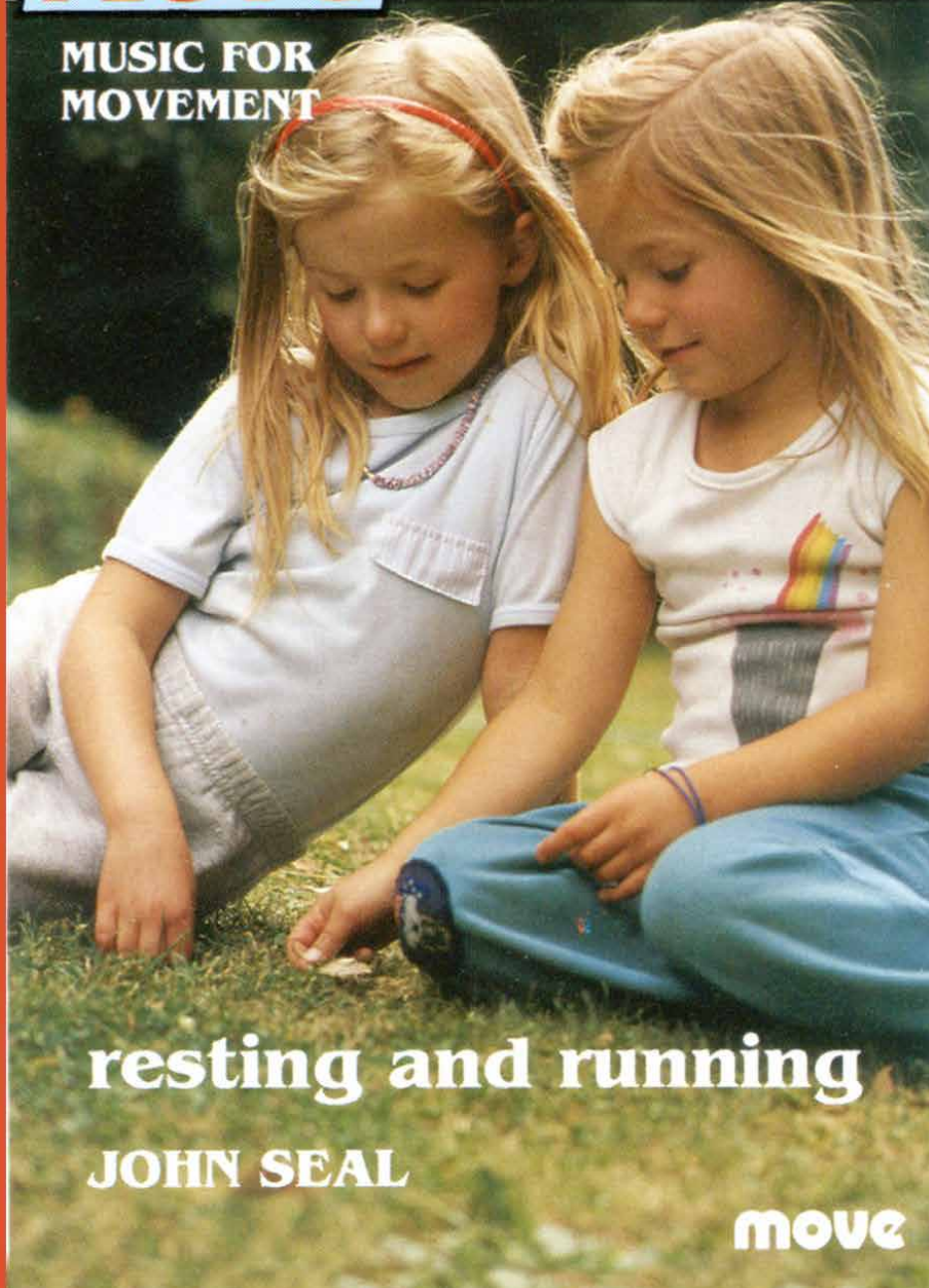
Jack Stringer *guitar*

Michelle Picker and Lach Easton *double bass*



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