

Objective 4

Demonstrates traveling skills

Related Objectives: 2c, 5, 8b, 21a

What You Do

1. Invite the children to move with you as you sing or recite the following chant.

High knees, high knees.

We can [march] with high knees.

Left, right, left, right.

[Marching] along.

2. Repeat the chant several times.

3. Create new chants by changing the action, e.g., skipping, stomping, stepping.

- **Incorporate hand motions along with the marching in the chant.**
- **Ask the children to move in a line. Encourage each child to take a turn as the line leader.**
- **Play musical marches and invite children to move to the beat.**
- **As the children move, use hand gestures to indicate “[march] in place,” “go,” and “stop.”**
- **Add complexity by offering children instruments to play as they move, e.g., rhythm sticks, drums, tambourines, etc.**