

APPENDIX B: CD SONG LYRICS AND ACTIONS

ABC DANCE

Sing the song while marching and move your body to the actions.

Make an A for Able (muscle arms, up and down to shape of A)



Make your arms look strong.

Hold them up.

Hold them down.

Strong bodies all-day long.

Make a B for Belong (arms scooping, point and pull in to shape a B)



Scoop and pull arms in.

Stretch and pull.

Stretch and pull.

All can play and win.

Make a C for Care (arms up, down into a hug to shape of C)



Joyful jumps and moves.

Stretch up tall.

Pull down to a hug.

Keep going, shake and groove.

Now give me a smile, march along and do the ABC's.



Teacher

A is for able

Let us show our strength
(4 bars)

B is for belong

Flexibility
(4 bars)

C is for care

Joyful is the game
(4 bars)

Kids

A is for able (x2)
Let us show our strength

B is for belong (x2)
Flexibility

C is for care (x2)
Joyful is the game

We're strong, we're flexible, we've got the endurance... feel the joy, give me a smile and let's march again.

(Repeat song)

Ending: We're strong. we're flexible, we've got the endurance... feel the joy, give me a smile... we've done our ABC's!

ABC DANCE INSTRUCTION



Use the ABC Dance to introduce simple moves with the concepts of Ability, Belonging and Caring.

A is for Able: muscle arms up and down to shape an A (strength).

B is for Belong: arms scooping, point and pull in to shape a B (flexibility).

C is for Care: one arm up, one arm down into a hug to shape a C (endurance).

Refer to the ABC Poster for action cues and have students respond to the words called out with the music. The words are meant to ask students to make their bodies into the shapes of letters and then ask for actions for each word (see below).

Modifications:

Steps can be added to increase student heart rate. Students can move through a series of step-counts as they perform the ABC Dance. For example, students can:

- Step forward and backward or side-to-side.
- Use a grapevine step (step to the right, left foot across in front; step to the right, left foot step behind), first to the right and then back to the left.
- Face each other in a circle, using either a grapevine step or a simple side-to-side step.

Brainstorm with students to create your own lists of actions. Actions could be developed as a group, with teacher guidance, independently as a group, individually or as a family take-home activity.

Some ideas:

Kindergarten

Try:

- Actions while moving in different ways (hopping, walking backwards, twirling, galloping).
- Moving around and making your scarf dance.

Grade One

Try different:

- Directions (forward, backwards, sideways).
- Speeds (fast, medium, slow).
- Amounts of force (soft, loud).
- Levels (low, medium, high).

Grade Two

Between each verse, try actions connected to a theme:

- Winter activities (skiing, sledding, skating, snowshoeing).
- Farm activities (lifting sacks, milking a cow, shoveling hay).
- Sports (ski, basketball, karate, biking, swimming).

Grade Three

Try actions in different formations:

- With a partner.
- In a circle.
- In a line.
- In a double line.

More theme ideas:

- Favourite physical activity (hockey, soccer, basketball, horseback riding, riding a bike, swimming).
- Drama or story themes (actions connected to a ski trip, the Olympics, summer camp).
- Physical activities that they do with their family (biking, boating, hiking, swimming).
- Dance moves.
- Body shapes (long, wide, narrow, curled, twisted).
- Shapes of fruit and vegetables (thin, round, flat, wide, narrow).
- Body balances (one point, two points, three points, partner).
- Sport-specific actions, such as those for soccer (trap, kick, big save, head dribble, trick, ball juggling).