

# Music & Motion Lesson Plans



This little music class was created for the preschool and early elementary children in our co-op to enjoy while their older siblings were taking high school and middle school courses.

This is not a product.

We are just sharing our own notes to inspire you in your own lesson planning.

Since the teacher and I both understand the basics of music, it was easy to put these lesson plans together to teach little ones the basics of music, rhythm, and singing.

We hope this will be a blessing and inspire you to create your own classes and unit studies.

Warmly,

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# Lesson plans for Music & Movement

## September 1:

Hear and feel rhythms by clapping.

Try clapping together as a group. Start with one steady beat:

CLAP, CLAP, CLAP.

Then try two with the first beat accented: CLAP-CLAP, CLAP-CLAP.

And three: CLAP-CLAP-CLAP, CLAP-CLAP, CLAP.

And four: CLAP-CLAP-CLAP-CLAP, CLAP-CLAP-CLAP-CLAP.

Play Musical Chairs

## September 8:

Review Clapping from last week. Clap to a song (change kind of clapping if kids do well). Add some other rhythm instruments.

## September 15:

Review Clapping from last week. Using drums and drumsticks, work on keeping a steady beat. Try to drum to a song.

Play Red Rover, Red Rover

## September 29:

Introduce Bells. Watch Video of Children playing bells.

Play follow the leader (Skipping, twirling, marching)

## October 6:

More Training with Bells

Play Musical Chairs



**October 13:**

Work on “Joy to the World” with the Bells

Play “Going on a Bear Hunt”

**October 20:**

Work on “O Holy Night” with the Bells

Play follow the leader (Skipping, twirling, marching)

**November 3:**

Work on “Joy to the World” with the Bells

Play Duck, Duck, Goose

**November 10:**

Work on “O Holy Night” with the Bells

Work with Drums & Rhythm Instruments

**November 17:**

Work on “Joy to the World” with the Bells

Work on “O Holy Night” with the Bells

**December 1:**

Dress Rehearsal

Work on “Joy to the World” with the Bells

Work on “O Holy Night” with the Bells

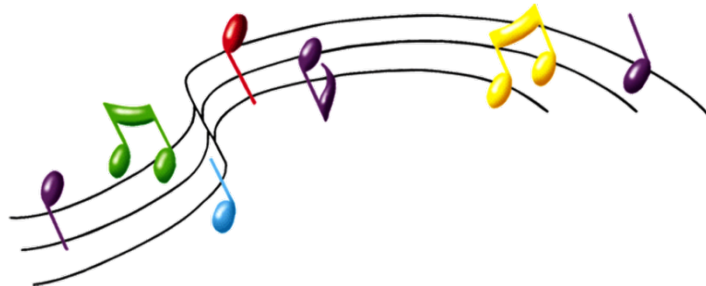
**December 5 on Saturday:**

Final Practice/Sound Check

Performance

**December 8:**

Sing Christmas Songs



**January 4:**

Read The Orchestra Story Book

Talk about different instruments.

**January 11:**

Make Tambourines

Play Dance and Fall Down (Everybody Dances and when music stops, fall down!)

**January 18:**

Make Drums

Clapping to Music

**February 9:**

Make Rainsticks or Shakers

Clapping to Music with Precision & Using drums, tambourines, and shakers

**February 16:**

Sing Songs

Clapping to Music with Precision & Using drums, tambourines, and shakers

**February 23:**

Sing Songs (Choose a Song for Mother's Day)

Clapping to Music with Precision & Using drums, tambourines, and shakers



**March 1:**

Work on Mother's Day Song

Play follow the leader (Skipping, twirling, marching)

**March 8:**

Work on Mother's Day Song

Play Dance and Fall Down (Everybody Dances and when music stops, fall down!)

**March 16:**

Work on Mother's Day Song

Play Duck, Duck, Goose

**April 5:**

Work on Mother's Day Song

Play Dance and Fall Down (Everybody Dances and when music stops, fall down!)

**April 12:**

Work on Mother's Day Song

Play follow the leader (Skipping, twirling, marching)

**April 19:**

Work on Mother's Day Song

Play Dance and Fall Down (Everybody Dances and when music stops, fall down!)

**May 3:**

Work on Mother's Day Song

**May 10:**

Work on Mother's Day Song

**May 14 on Saturday:**

Final Practice/Sound Check

Performance



## Make a Tambourine

(Blog Post from <http://www.letsplaykidsmusic.com/resources-for-teaching-preschool-music/> )

Let the kids make their own tambourines. Give them each two paper plates. Place the faces of the plates together. Staple the plates together. Leave an opening wide enough for the kids to put dry macaroni in the space between the plates. With the macaroni in the middle, finish stapling the plates together. Place a piece of duct tape over the staples. After the kids paint their new tambourines or decorate them with stickers (a less messy choice for you and instant gratification for your tot), let the music begin.

### Make a Drum from an Oatmeal Box

March and dance all day with this easy-to-make oatmeal box drum. Young children love this simple music-making craft!

Wrap dark construction paper to fit around an empty oatmeal box. Decorate the paper with Crayola® Gel Markers. These markers show up well on dark colors. Fill your drum cover with scribbles, shapes, and designs!

Glue the paper on the box with a Crayola Glue Stick.

You're ready to march and play your drum with your hand!

### Make a Shaker

Making homemade musical instruments is such a fun activity, kids love getting involved with decorating them and then are delighted to use them afterwards to make some music. But after many years of [teaching music to small children](#) there have been quite a few times when the contents of the shakers have exploded across the floor and we've been left finding those little grains of rice and lentils for months afterwards!

Making your own maracas or shakers would seem to be a pretty obvious task but I wanted to share some practical advice when it comes to choosing the right materials and putting them together so that you can make instruments that make a good sound and ones that can take a bit of a bashing too! So here is how to make DIY shakers that won't split!



so



1. First choose containers that are made of good thick materials. There are some ideas below, don't use the sort of plastic bottles that scrunch up easily or ones that would be difficult for little hands to hold. These Badoit bottles are ideal, because they are not only pretty sturdy, but they have nice long necks to act as handles. Look out for cylindrical containers that might have a tin bottom, like the cocoa pot or tubular biscuit tins, these will be strong and make a really good percussive sound too.



2. The sound of the shaker will depend on what you put inside, so vary the contents. You can use sand and rice for a soft effect and lentils, or bigger dried peas and beans for a louder sound. Don't put too much in, it's good to have a bit of space for it to shake about in. Make sure that you then seal the containers with duck tape securely.

3. Use sticky-back contact paper to cover the whole of the outside of the shaker, this is your insurance against splitting (you could also use duck tape) Be particularly careful to make sure the ends are well sealed.





4. Once they are covered you can decorate with stickers, coloured tapes or marker pens however you like. These shakers should stand up to plenty of enthusiastic music making!

We hope you enjoyed these “Good Old Days” lesson plans that we used to homeschool our children years ago. They are compliments of Powerline Productions.

## Our Websites



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