



:60 Prime Your Brain for Learning

We Move "On The Beat" In Time Together

HOUR	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Practice Ready Position song with belly in, shoulders back and chin held high.	Start your day with a walk around the school.	Weight shift in your seat with your hands pushing you up on the seat, upper body moves 4 beats in Quick Rick and 4 beats in Slow Mo.	Jog in Quick Rick and Slow Mo. Ask a friend to repeat your pattern.	When students are lined up, have them pass a pretend beach ball over their heads backward to the next student, in time, counting on the beat together.	Create your own class 16 beat pattern using step, clap and hip tap.
2	Pass the pretend BIG ball around the circle while singing a strong beat song such as The Ants Go Marching.	Move between centers on the beat in Slow-Mo pretending to be a slow moving animal, adding a pause on beat 4.	Play Rhythm Tap on your desk 1 2 / 1 2 3 ; 1 2 3 4 Alternate hands.	I say, Ready? You say, The Brain's all here. Clap Clap Stomp R Stomp L, Kiss your brain.	Do a 4 count paradiddle tapping each thigh while standing saying Par - A - Di - Dle R L R R L R L L	Create your own class 16 beat pattern using march, clap and alternating shoulder taps.
3	As you march on the beat in 4/4 time, count out loud. Take turns having each student say the name of the person to their left on beat 4.	As you march on the beat in 4/4 time, count out loud. Take turns having each student name a different color on beat 4.	Partner up and do a seated pretend bean bag pass pattern for 16 beats.	Mirror with a friend, small ball bouncing patterns, 1 2 3 V pass across to other hand.	When students are lined up, have them do a pattern of three standing yoga moves in a sequence.	Create your own class 16 beat pattern using pretend drums, as a marching band.
4	Move between centers on the beat chanting something you have all just learned together.	Move between centers on your tip toes, with a ground pat on beat 4, in Slow Mo.	Prime the brain for centers by chanting, "We are alert, prepared and ready to learn." Clap Clap Clap.	Play Clapping Rhythm Repeat as you walk in Slow Mo to centers.	When students are lined up, have them wall sit and paradiddle with their feet while counting on the beat in time together.	Create your own class 16 beat pattern of Tai Chi, using the Tai Chi Me moves or create your own moves.
5	Move across the playground or in the hallway in your own 8 count Quick Rick and Slow Mo pattern.	Dribble the pretend basketball in your own Quick Rick and Slow Mo pattern, then pause two counts before you throw a basket.	Be an orchestra with Rhythm Tap alternating feet in time on the beat 1 2 3 / 1 2 ; 1 2 3 4.	32 beat seated clap, thigh tap and snap pattern.	Create one foot balancing patterns alternating feet in time, counting on the beat together.	Paradiddle alternating hip taps as you walk down the hall, R L R R L R L L