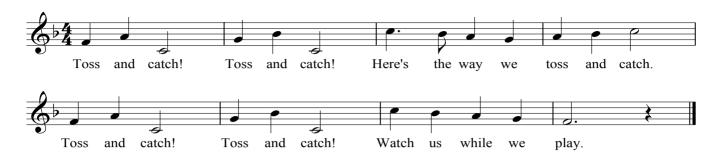
Toss and Catch

Darva Campbell



FORMATION: Partners facing each other. They can be in two long lines (a set), or they can be scattered in open space, whichever works best in your room.

MATERIAL: One beanbag or yarn ball for each set of partners.

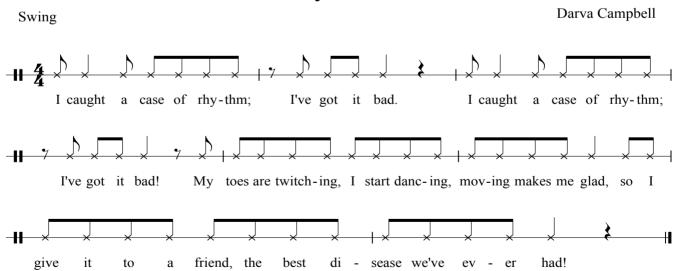
Sing the song while tossing a yarn ball or beanbag to random students on the half note. Sing it a few times while playing this way, then have the students partner up.

The focus is tossing and catching on the half note beat – not as easy as it sounds!

Once they've got it sitting a short distance from their partner, allow them to back away from their partner. They'll find the perfect distance for making the toss and catch work easily within the tempo you select. They can also practice tossing and catching alone, without a partner. As you change the tempo of the song the pace of the balls will change.

STEADY BEAT

The Rhythm In Me



Pretend that the Rhythm is a disease that spreads from foot to knee to hip to ... you get the idea. Then pass the disease on to the next person, and the next, until the whole class is up and dancing.

IMPROVISED MOVEMENT