

Large Motor Movements Photo Guide

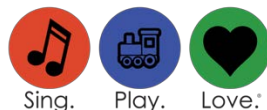
Utilize the suggested motor movements to add large motor fun to any of your favorite songs.

Share these motor movement photographs with children so they can choose what motor movement their friends will do next.



Dance along to our movie demonstration at:
www.vimeo.com/singplaylove/fancypantsdance

Photos courtesy of Dennis McCormack Photography
www.dmccormackphotography.com



Sing.

Play.

Love.

Balance

Stand on one foot and lift the other foot off the floor.
Hold this position for several seconds.



Clap hands

Pat your hands together in the center of your body to the beat of the music.



Stomp feet

Alternate your feet with strong steps to the beat of the music.



Pat legs

Bring your palms down to your legs to the beat of the music.



"Fancy pants" dance

Move your arms and "pockets" (hips)
side to side to the beat of the music.



Kick

Bear weight on one foot as you snap the other foot out in front of your body. **Children can typically alternate kicking feet at age four.*



Arms around and around

Rotate your arms with closed fists around one another.



Touch head

Gently pat your head with both hands to the beat of the music.



Touch shoulders

Gently pat your shoulders with both hands to the beat of the music.



"Raise the roof"

Push both palms above your head to the beat of the music.



Swim

Alternate your arms in front of your body as if swimming to the music.



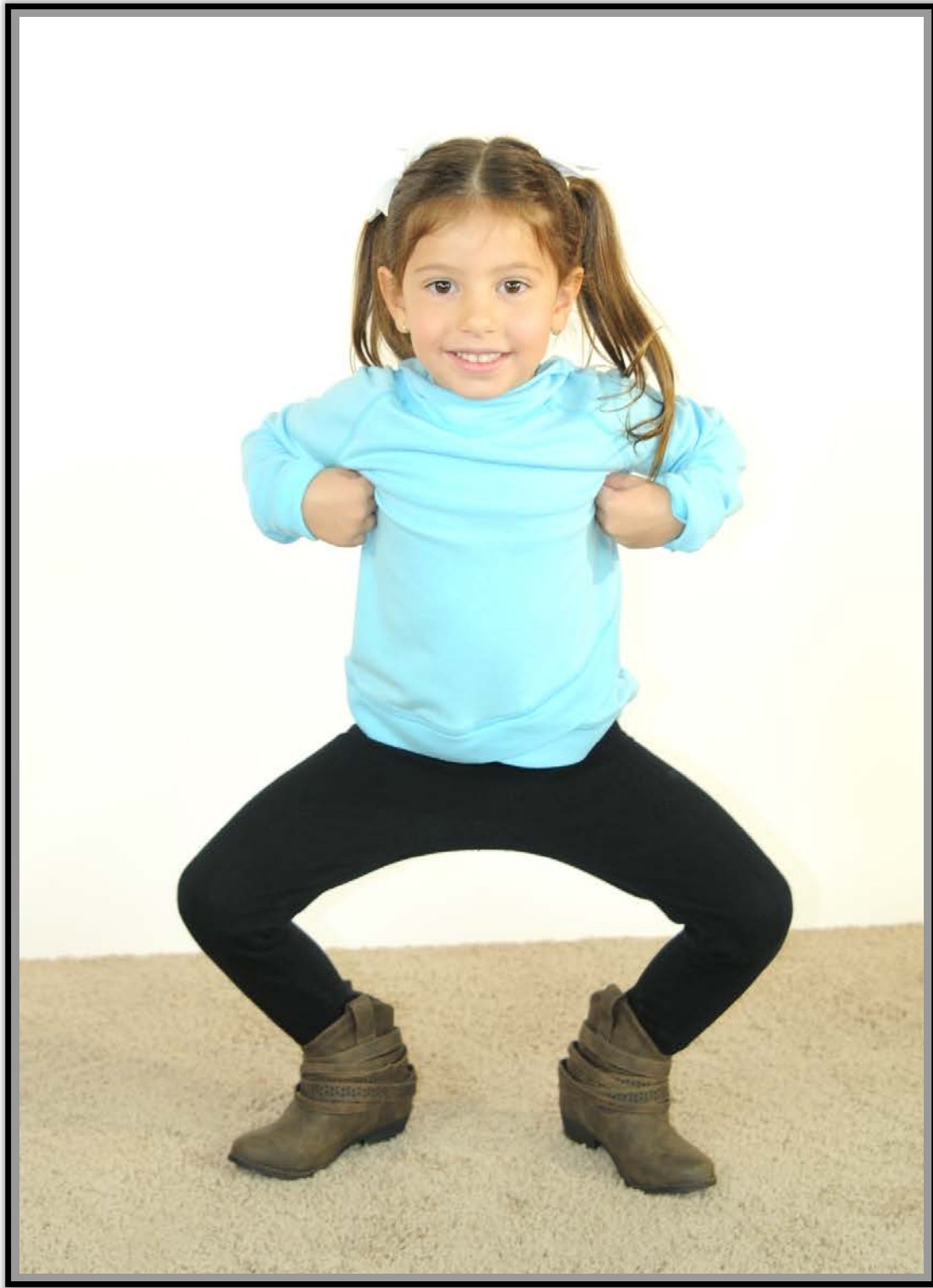
Jump

Bend your knees, then push your body up with both legs so that your feet are off the floor.



"Funky chicken"

Move your knees open and shut as you "flap your wings" to the beat of the music.



Run in place

Quickly jog in one spot while alternating your fisted hands.



Tiptoe

Walk quietly on the balls of your feet to the beat of the music.



"Robot"

Alternate your arms up and down as you rotate your body side to side.



Sign “music”

Wave the palm of one hand over your other extended arm.



"Lift weights"

Bend your knees with arms bent and fists by your shoulders. Then thrust your arms up over your head and straighten your legs, as if lifting a bar bell.



"Chop-chop"

Alternate your extended arms up and down to the beat of the music as if to chop the air with your strong motions.



Dance Party

Notice your friend's face and motions as you dance together.

