



Music and Physical Literacy Activities

There are a lot of songs that can be used to get your children moving! Please take a look at some of these ideas to encourage your children to stay active and healthy.

1. Head and shoulders, knees and toes

*Head, shoulders, knees and toes,
Knees and toes, knees and toes.
Head, shoulders, knees and toes,
Eyes, ears, mouth, and nose.*

Sing these lyrics and have children touch the identified body parts when they are mentioned. Repeat the song, changing the tempo.

2. Hokey Pokey

*You put your right hand in
You put your right hand out
You put your right hand in
And you shake it all about
You do the hokey pokey and you turn yourself around
That what it's all about!*

Sing these lyrics and have children follow along with the movements.

Skills learned:

1. Physical skills: arm movement; leg movement; coordination; patterns; rhythm
2. Non-physical skills: listening and following instructions; vocabulary development; body part identification.

Have a Ball Together! is a program that focuses on the importance of physical activity in the early years that help children grow up happy and healthy.

For more information, physical literacy ideas and tips on how to keep your children active please visit: <https://haveaballtogether.ca/hokey-pokey/>