F-2 Dance Resource: The Body

**[David]:** In order for the students to know about their body, they need to say the body part, locate the body part, and move the body part.

**[Jen]:** For memory recall, we should begin at the head and move down to the heels. Here is an example of an exercise you may like to use.

Head, head.

Move your head.

Neck, neck.

Around your neck.

Chest, chest.

Tap your chest.

Ribs, ribs.

Feel those bones.

David will need to stand up to demonstrate the rest of the body parts.

**[David]:** Waist, waist.

Draw an oval around your waist.

Hips, hips,

Wriggle your hips.

Thighs, thighs.

Slap your thighs.

Knees, knees,

Stretch and bend.

Calf, ca...

Calf.

Be sure the students are very precise in where their body parts are.

Calf, calf.

Tap your calves.

Shins, shins.

From the knees to the ankles.

Ankle, ankle.

Around your ankles.

Heel, heel.

Stomp your heel.

Toes, toes.

Wriggle your toes.

Fingers, fingers.

Clench and stretch.

Wrists, wrists.

Flex and stretch.

Elbow, elbow.

Flex and stretch.

Shoulder, shoulder.

Up and down.

Backbone, backbone.

From the top to the bottom.