

Learning Through Movement: seasons and skills

Content Lists

Grade One Movement Demonstration Video

Chapter I: Opening Movement Basics:

Skip
3-Step
Gallop
Small Horses
Stomp
Scissors Step
Hop - One-footed
Jump - Two-footed
Circling In, Arms Rising
Circling Out, Arms Lowering
Circling Out, Arms Rising
Pulling Up Anchor
Raising the Sail

Chapter II: Children Demonstrate

Simple Gifts
Old Brass Wagon
Harvest Crown
Round and Round
Temple Bells
Far Out At Sea
Wild Goose
Foxes
Trip Trip Trap

Chapter III: Midline Activity Basics:

Cross and Tap
Pitter Patter Polt
Recorder Song
Chopping
Sickle
Night Gesture

Chapter IV: Children Demonstrate

Blacksmith
Pitter Patter Polt
Cobbler Grade 1
Cobbler Kindergarten
Little Dwarves
My Little Pony
Recorder Song
Owl

Chapter V: Base Sense/EduK Activity Basics:

Yoga Boat (Locust)
Spider
Star Fairy Curl
Cobra
Squat Hop (Frog)
Squat Hop (Rabbit)
Bridges
Lions
Hot Sand
Stork Walk
Neck Rolls
Spin
Windmill Spin
Spin and Fold
Owl (Edu-K)
Elephant Ears (Edu-K)
Lemniscate (Edu-K)
PACE (Edu-K)

Chapter IV: Children Demonstrate

Stork Walk
Small Horses
Little Spider
Long Legged Spider
Star Fairies
Cobra
Lazy Lion
Butterfly
Autumn Leaves

Chapter VII: Academic Activities

Pronoun Game
Number Qualities
Strange Family
Tens Additions
Tens Subtraction
Vowel Rods

Chapter VII: Academic Activities

Pronoun Game
Number Qualities
Strange Family
Tens Additions
Tens Subtraction
Vowel Rods

Chapter VIII: Children Demonstrate

Odd Even Skip
Strange Family
Counting By
Tens Addition
Tens Subtraction
Doubles

Chapter IX: Bean Bag Basics

Toss
Hand to Hand
Passing Round
Winding Round
Waterfall
Pancake
Robin Redbreast
Rainbow
Lemniscate/Home

Chapter X: Children Demonstrate Bean Bags

Johnny Jump Up
Squirrels
Robin Redbreast
Pancake
One Whole Class

Chapter XI: Ropes and Rods

Basic Toss
Basic Balance
Ropes - all levels

Chapter XII: Fingerplays

The Old House
Bee Hive
Bought Me a Cat
Husks, Shells, & Clusters
Family Dance
Rabbits
Daisies
Popcorn
Build a House
Mama Goose
Sea Turtle
Mouse
Raccoon
Owl
Snail
Clouds
Robin Red Breast
Rooster and Hen
Beaver
Light House
Jack O' Lantern
Apple Tree
Milkweed Cradle
Crackling Brown Leaves
Little Squirrels
Nut Pie
The Apple
Hinx Jinx
Little Bit of Snow
Holly and the Evergreen
Snow Falling
Snowman
Dwarves
Snowflake
Little Plant
Little Nest
Alphabet
Butterfly
Rain
Lavender's Blue

Chapter XIII: Children Demonstrate

Milkweed
Rabbits

Enki Grade One Song CD

ALL SEASON

Opening/Body Engagement

- 1 Simple Gifts
- 2 Old Brass Wagon*
- 3 Morning Has Come
- 4 Sunrise*
- 5 The Hour*
- 6 Rock Island Line*
- 7 Sarasponda
- 8 The Eagle*
- 9 Sally Go Round the Sun*
- 10 Morning Song*
- 11 Temple Bells*

Midlines:

- 12 Molasses Candy
- 13 Land of the Silver Birch
- 14 Horses**
- 15 Storks Dancing **
- 16 Sailor Boy

Fingerplays

- 17 Bought Me a Cat*

AUTUMN

Opening Activities

- 18 Come Little Leaves**
- 19 Harvest Crown**
- 20 Leaf Journey
- 21 November
- 22 Wild Goose Flight

Midlines and Base Sense:

- 23 Windmill Windmill*
- 24 Leaves Be Green
- 25 Spinning Wheel*
- 26 Green Orchard**
- 27 Colored Leaves**
- 28 The Mill**
- 29 Winds of October
- 30 Recorder Song - Autumn*

Fingerplays

- 31 Jack-o-lantern
- 32 Milkweed Cradle
- 33 Nut Pie
- 34 The Apple**
- 35 Hinx Jinx

WINTER

Opening/Body Engagement

- 36 Rise with the Morning*
- 37 Winter Secrets*
- 38 Winter Has Come*
- 39 Winter White
- 40 King Winter
- 41 Wind, Wind Blowing

Midlines and Base Sense:

- 42 North Wind Doth Blow
- 43 Whirling Down
- 44 Jingle Bells
- 45 Willows Hanging Low

Fingerplays

- 46 Holly and the Evergreen

SPRING/SUMMER

Opening/Body Engagement

- 47 The Cuckoo*
- 48 Dolphin Sails*
- 49 Old Summer Ballad*
- 50 Rise with the Morning
- 51 The Coo Coo
- 52 Spring is Coming**
- 53 Oats, Peas, Beans, and Barley
- 54 Lavender's Blue

Codes for Neurological Movement Focus

This guide is arranged to support the creation of an active and educational circle. It is set up in sections according to the type of activities included. Within each section are gold divider pages separating the seasons. Some activities are useful for more than one undertaking; the divisions made here should not be looked at rigidly. The companion CD is organized by season for more enjoyable listening.

Those verses that are included as both circle and finger play activities are actually shown twice because the movements are very different. These have (fp) next to them when listed in the circle section, and (c) when listed under finger plays.

The letters in parentheses () following the title describe the neurological system being focused on by that activity, as described in the introduction of this book.

ABBREVIATIONS FOR NEUROLOGICALLY FOCUSED DEVELOPMENTAL MOVEMENTS:

- **Rhythm** is emphasized through speech and movement in all activities and therefore is not listed separately.
- **GF** emphasize **group forming/settling** the children into being together.
- **V: Vestibular** (all movement has an effect on the vestibular system; therefore, only those activities with an exceptional and targeted impact on this system are marked.) V/ B means balance is emphasized.
- **P: Proprioceptive** (all movement has an effect on the proprioceptive system; only those activities with an exceptional impact on this system are marked.) Some of the proprioception exercises focus on navel radiation. This is the core proprioceptive pattern and the space from which postural stability, and therefore freedom in movement is found. Those activities involving navel radiation in specific are marked P/NR.
- **T: Tactile**
- **AD: Auditory** (*all movement with song or verse, particularly rhythmic verse, affects the auditory system; therefore, only those activities with an exceptional and targeted impact on this system are marked.*)
- **VS: Visual** (*activities specifically designed to engage and support visual processing*)
- **EduK: Educational Kinesiology (Brain Gym)** activity with Enki verse
- **Midlines:**
 - **R/L: Lateral** (all skipping and the like have an effect on this midline crossing so only those with particular emphasis on this crossing are marked);
 - **HM :Horizontal;**
 - **FB: Forward/Back**
- **HndW : Hand and finger coordination** and wrist flexibility (pencil grip and handwriting preparation)

Grade One - Openings and Body Engagement

CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
Adventure Walk											
73	Come Follow	57									
90	Over the River	59									
44	Jingle Bells	61									
52	Spring is Coming	63									

All Season											
01	Simple Gifts	68	x						x		
02	Old Brass Wagon*	70						x			
03	Morning Has Come	71							x		
04	Sunrise*	72							x		
05	The Hour*	73	x					x	x		
06	Rock Island Line*	75									
07	Sarasponda	76							x		
08	The Eagle*	77							x	x	
09	Sally Go Round the Sun*	78		x				x		x	
10	Morning Song*	79							x		
11	Temple Bells*	80				x			x	x	

Autumn											
18	Come Little Leaves**	82	x							x	
19	Harvest Crown**	84						x		x	
20	Leaf Journey	86								x	
21	November	87		x				x			
22	Wild Goose Flight	89									

Winter											
36	Rise with Morning - winter*	91		x					x		
37	Winter Secrets*	93	x							x	
38	Winter Has Come*	94								x	
39	Winter White	95		x				x			
40	King Winter	96									
41	Wind, Wind Blowing	97						x		x	

Spring/Summer											
47	The Cuckoo*	99		x							
48	Dolphin Sails*	100	x							x	
49	Old Summer Ballad*	101						x	x	x	
50	Rise with Morning - Spring*	91		x					x		
51	The Coo Coo	102								x	x
52	Spring Is Coming**	104									
53	Oats, Peas, Beans & Barley	106									
54	Lavender's Blue	107							x		

Grade One – Midline Activities

CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
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All Season:											
12	Molasses Candy	113						x	x	x	
13	Land of the Silver Birch	115						x			x
14	Horses**	117						x		x	
V	The Barn	118			x				x		
V	Pitter Patter Polt	119						x	x	x	
V	Hot Sand (Reflex)	120							x		
16	Sailor Boy	122		x				x			
V	Far Out at Sea	124							x	x	
V	Horses	125	x			x		x			
V	Waters	126								x	
V	Lighthouse	127							x		

Autumn:											
23	Windmill Windmill*	129	x								
V	Autumn	130								x	
V	Leaves of Autumn	131							x		
V	When Mary Goes Walking	132								x	
24	Leaves Be Green	133								x	
26	Green Orchard**	134						x		x	
27	Colored Leaves**	135								x	
28	The Mill**	136	x						x		
29	Winds of October	137	x							x	
30	Recorder Song - Autumn	138						x			x
V	Woodcutters	139	x	x				x		x	
V	The Acorn	140								x	x
V	Squirrels Running	141							x		
V	Apple Tree	142						x		x	
V	Cobbler	143						x		x	
V	Halloween Witch	144	x						x		

Midline Activities Table of Contents #2

CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
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Winter											
42	North Wind Doth Blow	146							x	x	
V	Firewood	148						x	x	x	
V	Snow Storm	149	x					x		x	
44	Jingle Bells	150								x	
45	Willows Hanging Low	152	x							x	
V	Dwarves	153								x	
V	Little Dwarves	154						x		x	
V	Gnomes	155						x		x	
V	Knights	156						x	x		

Spring/Summer:											
55	Daffodillies	158								x	
V	Cows in the Barn	159							x	x	
V	Blacksmith	160						x	x	x	
56	Mother Earth*	161				x				x	
57	Mother Earth Secrets*	162				x				x	
58	Snow Drop**	163				x					
59	Johnny Jump Up	164		x						x	
V	Foxes	165				x		x			
V	Clouds	166							x	x	
V	Sailor Men	167						x		x	

Grade One – Base Sense and EduK

CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season											
V	PACE	173	x	x	x	x		x		x	
V	Seasonal Lemniscates	174	x				x			x	
V	The Leaves	175	x								
V	Seasonal Spinning	176	x								
V	The Owl	177				x	x	x			
V	Elephant Ears	178			x	x					
V	Elephant Doubles	179			x	x	x	x		x	
V	Little Worm (Neck Release)	180	x	x							
V/15	Stork Walk/Storks Dancing*	181	x	x							
V	Trees in the Wind	182	x	x							
V	Frogs	183		x							
V	Tiger Cubs	184	x	x							
V	Starfish	185		x							
V	Cobra	186		x							
V	Spider Web	187		x							
V	Spider (short)	188		x							
V	Spider (long)	189		x							
V	Snail	190	x	x							
V	Tug Boat	191		x							
V	Lazy Lion	192		x							
V	Bridges	193		x							

Autumn											
25	Spinning Wheel*	196	x								
V	Poplar	197	x								
V	Sickle	198	x					x		x	
V	Autumn Leaves	199	x								

Winter											
43	Whirling Down*/ Whirling Snow	201	x								
V	Bear Cubs	202	x								

Spring/Summer											
50	Butterfly	204		x							
V	Winds	205	x						x		
V	Caterpillar	206		x							
V	Peepers	207		x						x	
V	Crab	208		x							
V	Inch Worm	209		x							
V	Flower Elves	210		x						x	

Grade One – Academic Activities Table of Contents

<u>CD#</u>	<u>name</u>	<u>page#</u>
V	Rabbit and Crocodile	p.225
61	Cling Clang Gloria*	p.226
V	Number Qualities	p.228
V	Only Ten	p.231
V	Even/Odd Dance	p.233
V	Todd Evan Flash	p.234
V	Contest for a Crown	p.236
V	Greater Less Flash	p.237
V	Ten Facts - addition verse	p.238
V	Subtraction Verse	p.239
V	Doubles	p.240
V	Number Fact Baseball	p.241
V	Dancing on the Shore	p.243
V	Strange Family	p.244
62	Dancing Gnome Dividers*	p.247
V	Counting By Flash	p.249
V	Fact Families	p.251
V	Perfectly Proper Pronouns	p.253
V	Word Family Activity	p.255
V	Short Vowel Rods (<i>see Copper Rod activities</i>)	p.282

Grade One – Bean Bags

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CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season											
V/1	Rain	260			X	X					
V/1	Digit Magic	261			X	X					
V/1	Counting Up and Back	262			X			X		X	
V/1	Johnny’s Tree	263			X			X		X	
V/2	Squirrels	264	X		X			X	X		
K1/1	Round and Round	265	X		X			X	X		
V/1	Pancake Breakfast	266			X			X	X	X	
V/2	Robin Red Breast	267			X			X		X	
V/3	Waterfall	268			X			X	X	X	
V/3	Squirrel Bounds	269			X			X	X	X	
V/3	One Whole Class/bags	270			X			X			
V/3	Rainbow of Color	271	X		X			X			
63/3	Home	272			X			X	X	X	
V/3	Bean Bag Toss	273			X				X		

Grade One – Copper Rods

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CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season											
V	Straight as a Spear	278	X		X				X		
V	One Whole Class/rods	279			X			X			
V	Jack Be Nimble	280	X	X					X		
V	Ride a Cock Horse	281		X	X			X	X	X	
RV	Short Vowel Practice (<i>academic</i>)	282			X	X		X	X	X	

Closing Spirals

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All Season		
64	Night*	p.288
52	Sing me a Song *	p.289
65	Ghost Dance	p.290
V	Owl	p.291
V	Build the Barn	p.292
V	Snail House	p.293
Autumn		
V	Loud Winds	p.295
V	Monarchs	p.296
V	Little Dark Leaves	p.297
Winter		
67	Whirling Down*	p.299
68	Mid-Winter Journey	p.300
66	Neesa	p.301
V	Silent Snowflakes	p.302
Spring/Summer		
V	Swallows	p.304
V	Magic Piper	p.305
V	Mother Raincloud	p.306
V	Snail	p.307

Grade One Fingerplays - Table of Contents

CD#	Season & Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
17	Bought Me a Cat*	312			x			x			x
V	The Old House	316			x			x			x
V	Bee Hive	317			x			x			x
V	Family Dance	318			x			x			x
V	Owl	319						x		x	x
V	Snail	320			x						x
V	Waters	321			x						
V	Beaver	322		x							
V	Our Home	323			x			x	x		x
V	Lighthouse	324									x

Autumn:											
V	Husks and Shells and Clusters	327			x			x			x
31	Jack-O-Lantern	328									
32	Milkweed Cradle	329			x			x			
33	Nut Pie	331			x			x		x	
34	The Apple**	332			x			x			x
35	Hinx Jinx	333									x
V	Apple Tree	334			x			x			
V	Crackling Brown Leaves	335			x			x			x
V	Little Squirrels	336			x			x			x

Winter											
46	The Holly and the Evergreen	339			x			x			x
V	A Little Snow	341						x	x		
V	Popcorn	342			x			x		x	x

Spring											
V	Mama Goose	344			x			x			x
V	Turtle	345			x			x			x
V	Rabbits	346			x			x			x
V	Daisies	347			x			x			x

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73	Come Follow	p.358
74	Rainbow Bridge (painting)	p.360
V	Echo Clapping	p.361
V	The Harvest	p.361
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77	Sun Is Rising	p.365
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89	Sugaring Time - Haul Sweet Water	
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91		Greensleeves	p.379
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84		White Coral Bells	p.382
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54		Lavender's Blue	p.384
46		The Holly and the Evergreen	p.385
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