

Learning Through Movement: seasons and skills
Content Lists

Grade One Movement Demonstration Video

Table of Contents

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 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
Lavenders Blue

Chapter XIII: Children Demonstrate

Milkweed
Rabbits

Enki Grade One Song CD

All Season

Opening/Body Engagement

- 01 Simple Gifts
- 02 Old Brass Wagon*
- 03 Morning Has Come
- 04 Sunrise*
- 05 The Hour*
- 06 Rock Island Line*
- 07 Sarasponda
- 08 The Eagle*

AS Openings from Kindergarten

- 09 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*

AS Midlines from Kindergarten

- 16 Sailor Boy

Fingerplays:

- 17 Bought Me a Cat*

Autumn

Opening/Body Engagement

- 18 Come Little Leaves**
- 19 Harvest Crown**
- 20 Leaf Journey
- 21 November

ATM Openings from Kindergarten

- 22 Wild Goose Flight

Midlines and Base Sense:

- 23 Windmill Windmill*
- 24 Leaves Be Green
- 25 Spinning Wheel*

ATM Midlines from Kindergarten

- 26 Green Orchard**
- 27 Colored Leaves**
- 28 The Mill**
- 29 Winds of October
- 30 Recorder Song - Autumn*

ATM Fingerplays from Kindergarten

- 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*

W Openings from Kindergarten

- 39 Winter White
- 40 King Winter
- 41 Wind, Wind Blowing

Midlines and Base Sense:

- 42 North Wind Doth Blow
- 43 Whirling Down*

W Midlines from Kindergarten

- 44 Jingle Bells
- 45 Willows Hanging Low

Fingerplays from Kindergarten

- 46 Holly and the Evergreen

Spring

Opening/Body Engagement

- 47 The Cuckoo*
- 48 Dolphin Sails*
- 49 Old Summer Ballad*
- 50 Rise with the Morning

SP Openings from Kindergarten

- 51 The Coo Coo
- 52 Spring is Coming**
- 53 Oats, Peas, Beans, and Barley
- 54 Lavender's Blue

Midlines and Base Sense:

- 55 Daffodillies

SP Midlines from Kindergarten

- 56 Mother Earth*
- 57 Mother Earth Secrets*
- 58 Snow Drop**
- 59 Johnny Jump Up
- 60 Butterfly

Academic Activities

- 61 Cling Clang Gloria*
- 62 Dancing Gnome Dividers*

Bean Bags

- 63 Home

Spirals

- 64 Night*
- 65 Ghost Dance
- 66 Neesa
- 67 Whirling Down*
- 68 Mid-Winter Journey

Graces and Transition Songs

- 69 Croon, Croon (Greeting)
- 70 Make New Friends
- 71 Look to the Rainbow
- 72 Yellow the Bracken*
- 73 Come Follow
- 74 Rainbow Bridge (painting)

Graces and Transitions from Kindergarten

- 75 Sing Me A Song*
- 76 Shepherd (Morning Song)*
- 77 Sun Is Rising
- 78 Earth Who Gives To Us This Food*
- 79 Blessings On The Blossom
- 80 Mother Earth Secrets*
- 81 Golden In The Garden
- 82 Plants Grow Upward
- 83 Sleeping Seeds
- 84 White Coral Bells
- 85 Wond'rous Hands
- 86 Gone To Bed
- 87 Lovely Is The Evening

Transitions – Music Only:

Quiet Times:

- 88 Greensleeves
- 89 The Ash Grove

For Cheerful cleaning etc.:

- 90 Summer is a Cumin' In

Gathering to leave or adventure:

- 91 Bells of Norwich
- 92 Nova Scotia Farewell

Book Organization and Codes for Neurological Movement Focus

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

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.

Vestibular: V (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.

Proprioceptive: P (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**.

Tactile: T

Auditory: AD and **Visual: VS** (all movement with song or verse, particularly rhythmic verse, affects the auditory and visual systems; therefore, only those activities with an exceptional and targeted impact on this system are marked.)

Midlines: Lateral - R/L (all skipping and the like have an effect on this midline crossing so only those with particular emphasis on this crossing are marked);

Horizontal - HM;

Forward/Back - FB

Hand and finger coordination and wrist flexibility: HndW (pencil grip and handwriting preparation)

Grade One – Openings and Body Engagement

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
01	Simple Gifts	42	x						x		
02	Old Brass Wagon*	44						x			
03	Morning Has Come	45							x		
04	Sunrise*	46							x		
05	The Hour*	47	x					x	x		
06	Rock Island Line*	49									
07	Sarasponda	50							x		
08	The Eagle*	51							x	x	
AS Openings from Kindergarten											
09	Sally Go Round the Sun*	K35		x				x		x	
10	Morning Song*	K36							x		
11	Temple Bells*	K69				x			x	x	
Autumn:											
18	Come Little Leaves**	53	x							x	
19	Harvest Crown**	55						x		x	
20	Leaf Journey	57								x	
21	November	58		x				x			
ATM Openings from Kindergarten											
22	Wild Goose Flight	K42									
Winter											
36	Rise with the Morning - winter*	60		x					x		
37	Winter Secrets*	62	x							x	
38	Winter Has Come*	63								x	
W Openings from Kindergarten											
39	Winter White	K130		x				x			
40	King Winter	K48									
41	Wind, Wind Blowing	K49						x		x	
Spring:											
47	The Cuckoo*	65		x							
48	Dolphin Sails*	66	x							x	
49	Old Summer Ballad*	67						x	x	x	
50	Rise with the Morning - Spring*	60		x					x		
SP Openings from Kindergarten											
51	The Coo Coo	K56								x	x
52	Spring Is Coming**	K60									
53	Oats, Peas, Beans and Barley Grow	K62									
54	Lavender's Blue	K63							x		

Grade One – Midline Activities

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
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All Season:											
12	Molasses Candy	72						x	x	x	
13	Land of the Silver Birch	74						x			x
14	Horses**	76						x		x	
V	The Barn	77			x				x		
V	Pitter Patter Polt	78						x	x	x	
V	Hot Sand (Reflex)	79							x		

AS Openings from Kindergarten											
16	Sailor Boy	K39		x				x			
KV	Far Out at Sea	K75							x	x	
KV	Horses	K76	x			x		x			
KV	Waters	K79								x	
KV	Lighthouse	K80							x		

Autumn:											
23	Windmill Windmill*	81	x								
V	Autumn	82								x	
V	Leaves of Autumn	83							x		
V	When Mary Goes Walking	84								x	
24	Leaves Be Green	85								x	

ATM Midlines from Kindergarten											
26	Green Orchard**	K43						x		x	
27	Colored Leaves**	K44								x	
28	The Mill**	K82	x						x		
29	Winds of October	K121	x							x	
30	Recorder Song - Autumn	K83						x			x
KV	Woodcutters	K86	x	x				x		x	
KV	The Acorn	K88								x	x
KV	Squirrels Running	K85							x		
KV	Apple Tree	K89						x		x	
KV	Cobbler	K90						x		x	
KV	Halloween Witch	K91								x	

Midline Activities Table of Contents #2

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
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Winter											
42	North Wind Doth Blow	87							x	x	
V	Firewood	89						x	x	x	
V	Snow Storm	90	x					x		x	

W Midlines from Kindergarten											
44	Jingle Bells	K51								x	
45	Willows Hanging Low	K96	x							x	
KV	Dwarves	K97								x	
KV	Little Dwarves	K98						x		x	
KV	Gnomes	K99						x		x	
KV	Knights	K100						x	x		

Spring:											
55	Daffodillies	92								x	
V	Cows in the Barn	93							x	x	
V	Blacksmith	94						x	x	x	

SP Midlines from Kindergarten											
56	Mother Earth*	K54				x				x	
57	Mother Earth Secrets*	K102				x				x	
58	Snow Drop**	K59				x					
59	Johnny Jump Up	K58		x						x	
KV	Foxes	K105				x		x			
KV	Clouds	K106							x	x	
KV	Sailor Men	K108						x		x	

Grade One – Base Sense and EduK

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
V	PACE	99	x	x	x	x		x		x	
V	Seasonal Lemniscates	100	x				x			x	
V	The Leaves	101	x								
V	Seasonal Spinning	102	x								
V	The Owl	103				x	x	x			
V	Elephant Ears	104			x	x					
V	Elephant Doubles	105			x	x	x	x		x	
V	Little Worm (Neck Release)	106	x	x							
V	Stork Walk	107	x								
15	Storks Dancing*	108	x	x							
AS Base Sense from Kindergarten											
KV	Cobra	K112		x							
KV	Spider Web	K113		x							
KV	Spider (Long)	K114		x							
KV	Spider (Short)	K115		x							
KV	Snail	K116	x	x							
KV	Tug Boat	K117		x							
KV	Lazy Lion	K118		x							
KV	Bridges	K119		x							
Autumn:											
25	Spinning Wheel*	110	x								
V	Poplar	111	x								
ATM Base Sense from Kindergarten											
KV	Sickle	K87	x					x		x	
KV	Autumn Leaves	K122	x								
Winter											
43	Whirling Down*	113	x								
W Base Sense from Kindergarten											
KV	Whirling Snow	K127	x								
Spring: Base Sense from Kindergarten											
K50	Butterfly	K133		x							
KV	Winds	K134	x						x		
KV	Caterpillar	K135		x							
KV	Peepers	K136		x						x	
KV	Crab	K137		x							
KV	Inchworm	K138		x							
KV	Flower Elves	K139		x						x	

Grade One – Academic Activities

Table of Contents

V	Rabbit and Crocodile	p.117
61	Cling Clang Gloria*	p.118
V	Number Qualities	p.120
V	Only Ten	p.123
V	Even/Odd Dance	p.124
V	Todd Evan Flash	p.125
V	Contest for a Crown	p.126
V	Greater Less Flash	p.127
V	Ten Facts – addition verse	p.128
V	Subtraction Verse	p.129
V	Doubles	p.131
V	Number Fact Baseball	p.132
V	Dancing on the Shore	p.134
V	Strange Family	p.135
62	Dancing Gnome Dividers*	p.138
V	Counting By Flash	p.140
V	Fact Families	p.141
V	Perfectly Proper Pronouns	p.143
V	Word Family Activity	p.145
V	Short Vowel Rods (<i>see Copper Rod activities</i>)	p.172

Grade One – Bean Bags

Table of Contents

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
V/1	Digit Magic	150			X						X
V/1	Rain	151			X	X					
V/1	Counting Up and Back	152			X			X		X	
V/1	Johnny’s Tree	153			X			X		X	
V/2	Squirrels	154	X		X			X	X		
K1/1	Round and Round	155	X		X			X	X		
V/1	Pancake Breakfast	156			X			X	X	X	
V/2	Robin Red Breast	157			X			X		X	
V/3	Waterfall	158			X			X	X	X	
V/3	Squirrel Bounds	159			X			X	X	X	
V/3	One Whole Class/bags	160			X			X			
V/3	Rainbow of Color	161	X		X			X			
63/3	Home	162			X			X	X	X	
V/3	Bean Bag Toss	163			X				X		

Grade One – Copper Rods

Table of Contents

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
V	Straight as a Spear	168	X		X				X		
V	One Whole Class/rods	169			X			X			
V	Jack Be Nimble	170	X	X					X		
V	Ride a Cock Horse	171		X	X			X	X	X	
RV	Short Vowel Practice (<i>academic</i>)	172			X	X		X	X	X	

Closing Spirals

Table of Contents

All Season:

64	Night*	p.178
K52	Sing me a Song *	p.179
65	Ghost Dance	p.180
KV	Owl	p.181
V	Build the Barn	p.182
V	Snail House	p.183

Autumn

KV	Loud Winds	p.185
V	Monarchs	p.186
V	Little Dark Leaves	p.187

Winter

67	Whirling Down*	p 189.
68	Mid-Winter Journey	p.190
66	Neesa	p.191
V	Silent Snowflakes	p.192

Spring

V	Swallows	p. 195
KV	Magic Piper	p.196
KV	Mother Raincloud	p.197
KV	Snail	p.198

Grade One Fingerplays - Table of Contents

CD#	Season and Activity Type	Page	V	P	T	AD	VS	R/L	FB	HM	Hndw
All Season:											
17	Bought Me a Cat*	202			x			x			x
V	The Old House	206			x			x			x
V	Bee Hive	207			x			x			x
V	Family Dance	208			x			x			x
AS Fingerplays from Kindergarten											
KV	Owl	K147						x		x	x
KV	Snail	K148			x						x
KV	Waters	K149			x						
KV	Beaver	K152		x							
KV	Our Home	K153			x			x	x		x
KV	Lighthouse	K154									x
Autumn:											
V	Husks and Shells and Clusters	209			x			x			x
ATM Fingerplays from Kindergarten											
31	Jack-O-Lantern	K156									
32	Milkweed Cradle	K157			x			x			
33	Nut Pie	K159			x			x		x	
34	The Apple**	K160			x			x			x
35	Hinx Jinx	K161									x
KV	Apple Tree	K162			x			x			
KV	Crackling Brown Leaves	K163			x			x			x
KV	Little Squirrels	K164			x			x			x
Winter Fingerplays from Kindergarten											
46	The Holly and the Evergreen	K166			x			x			x
KV	A Little Snow	K171						x	x		
KV	Popcorn	K172			x			x		x	x
Spring Fingerplays from Kindergarten											
KV	Mama Goose	K180			x			x			x
KV	Turtle	K181			x			x			x
KV	Rabbits	K182			x			x			x
KV	Daisies	K184			x			x			x

Graces and Transitions

Table of Contents

93	Croon, Croon (Greeting)	p.214
94	Make New Friends	p.216
64	Night	p.217
95	Look to the Rainbow	p.218
96	Yellow the Bracken*	p.219
97	Come Follow	p.220
98	Rainbow Bridge (painting)	p.222
V	Echo Clapping	p.223
V	The Harvest	p.224
V	Earth and Sun	p.225

Graces and Transitions from Kindergarten

99	Sing Me A Song*	p.K203
100	Shepherd (Morning Song)*	p.K205
101	Sun Is Rising	p.K206
102	Earth Who Gives To Us This Food*	p.K207
103	Blessings On The Blossom	p.K208
104	Mother Earth Secrets*	p.K209
105	Golden In The Garden	P.K210
106	Plants Grow Upward	P.K212
107	Sleeping Seeds	p.K213
108	White Coral Bells	p.K214
109	Wond'rous Hands	P.K216
110	Gone To Bed	p.K218
111	Lovely Is The Evening	p.K219

Transitions - Music Only:

Quiet Times:

112	Greensleeves	p.227
113	The Ash Grove	p.228
76	Shepherd	p.229

For Cheerful cleaning etc.:

84	White Coral Bells	p.230
114	Summer is a Cumin' In	p.231
54	Lavender's Blue	p.232
46	The Holly and the Evergreen	p.233

Gathering to leave or adventure:

115	Bells of Norwich	p.234
116	Nova Scotia Farewell	p.235
V	Magic Piper	p.236

Grade One Games and Ropes

Table of Contents

Grade One Games	p.240
Grade One Tag Games:	p.241
Little Pig, Little Pig	p.241
Pirates and Sailors	p.242
Sharks and Fish	p.243
Hen and Fox	p.244
Grade One Sneaking Games:	p.245
Red Light/Green Light	p.245
Giant Step/Mother May I?	p.246
Spider and Fly	p.247
Tisket a Tasket/Duck Duck Goose	p.248
North Wind	p.249
Jump Rope Verses:	p.251
Introductory -	p.252
Wiggling Snakes	p.252
Intermediate -	p.253
Bunny Rabbit	p.253
Kangaroo	p.253
Tim, Tim	p.253
Mabel, Mabel	p.253
Advanced:	p.254
The Apple	p.254
Parent Dancers	p.254
Teddy Bear	p.254

