

Move Your Body



This series explores how important wellbeing is to good physical health. Discover a range of physical activities that help build confidence and learn about various aids to movement, from wheelchairs to bikes!

Through The Windows learn all the different ways we can move our bodies. From specialised swimming, horse riding, dancing, ball games and playgrounds that cater to all age groups and abilities!

Theme Notes

Series 336: Move Your Body

Episode 1



PRESENTERS

Kiruna Stamell & Hunter Page-Lochard

PIANIST

Peter Dasent

TOLD STORY

Jemima Goes For A Walk

A story told by the Play School Team

STOP, LOOK AND LISTEN FILM

Dogs

(Play School, ABC)

WINDOWS FILM

Learning To Swim

(Play School, ABC)

IDEAS FOR LATER

- Make puppets for a puppet show then make a puppet theatre using old box

- Make an obstacle course!
INDOORS: Scarves, pillows, tables, chair

OUTDOORS Buckets, string on ground, stepping-stones

SONGS

Everybody's Got A Body

Composer: Traditional

Publisher: ABC Music Publishing

My Dog Bill

Composer: Henrietta Clark / Warren Carr

Publisher: ABC Music Publishing

Rocket Clock Music

Composer: Sean Peter

Publisher: ABC Music Publishing

See How I'm Jumping

Composer: Roberta Whitehead

Publisher: Allans Music

Shake My Sillys Out

Composer: Raffi Cavoukian / Bert Simpson / Bonnie Simpson

Publisher: Homeland Publishing (SOCAN)

Mister Frog

Composer: Traditional Music

Publisher: ABC Music Publishing

Hey Hey Hey

Composer: Judith Keyzer / Peter Dasent

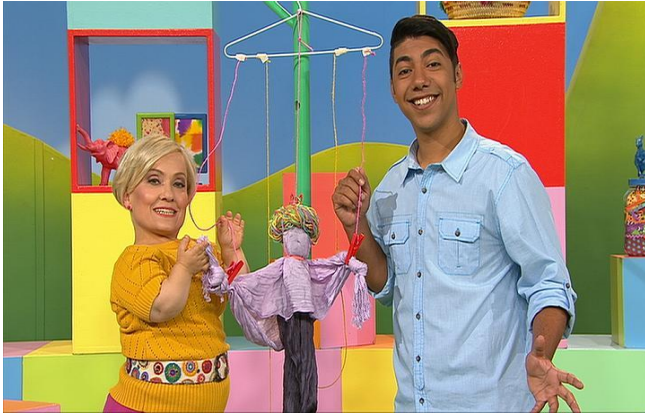
Publisher: Control / Origin / ABC Publishing Music



Theme Notes

Series 336: Move Your Body

MAKE AND DO



How to Make A String-a-ling Puppet

You will need:

- Two scarves, one slightly longer than the other, knotted at end
- Rolled up socks
- Hair Band
- Clothes hanger with 5 strings
- 5 strings with pegs attached

Instructions

Cut 5 pieces of string 2 long, 3 short.
Add pegs to each end.
Tie string to coat hanger.
Tie knot at end of short scarf (legs).
Tie knot at end of long scarf (arms).
Place short scarf over long scarf, put rolled socks in middle, wrap hair band around socks to look like head.
Place ball of wool on head as hair.
Clip head, two arms and two legs with pegs.
String a ling now ready to move.



How To Play A Dog Training Game

You will need:

Headband with ears attached

- Thick paper, fabric
- Scissors
- Masking tape
- Head band

Tail attached to Velcro belt

- Paper or fabric
- Masking tape
- Velcro belt

Instructions

Play a game of dog training.
Cut out brown paper or fabric ears.
Attach to a headband using masking tape.
Make a tail by rolling up paper or cutting out a fabric tail shape.
Attach to a Velcro belt using masking tape.

Theme Notes

Series 336: Move Your Body

Episode 2



PRESENTERS

Kiruna Stamell & Andrew MacFarlane

PIANIST

Peter Dasant

BOOK STORY

EVERYBUNNY Dance!

By Ellie Sandall

Hodder Children's Books, 2016

STOP, LOOK, LISTEN FILM

Lemur

(Play School, ABC)

WINDOWS FILM

Danceability

(Play School, ABC)

IDEAS FOR LATER

- Play classical music e.g. *Dance of the Sugar Plum Fairy*, for listening and whole-body interpretation.
- Visit a zoo or farm and photograph as many ears as possible. Make a scrap book

SONGS

Hey Hey Hey

Composer: Judith Keyzer / Peter Dasant

Publisher: Control / Origin / ABC Publishing Music

The Mixing Song

Composer: Arthur Baysting / Peter Dasant

Publisher: Origin / ABC Publishing Music

I Like To Sing

Composer: Garth Frost / Peter Dasant

Publisher: Origin

Rocket Clock Music

Composer: Sean Peter

Publisher: ABC Music Publishing

Everybody Do This

Composer: Traditional

Publisher: ABC Publishing Music

Round And Round

Composer: Colin Buchanan

Publisher: Rondor

Theme Notes

Series 336: Move Your Body

MAKE AND DO



How To Make A Bouncy Bop Balloon

You will need

- Scissors
- Cardboard
- String
- Texta
- Tape
- Bread Clip

Instructions

Blow up balloon.
Twist end, add bread clip.
Cut out cardboard feet.
Attach cardboard feet with masking tape to base of balloon.
Draw face with texta.
Attach string at top of balloon with masking tape.

How to Host A Bunny Party

You will need

- Craft rabbit ears on hair band
- Favourite toys
- Predawn rabbit shape on easel
- Fluffy tails with double sided masking tape
- Fabric blind fold
- Craft carrots
- Music (instruments or recordings)

Play three games with group of children or with favourite toys. Participants can dress in bunny ears!

Pin the tail on the rabbit.

Blind fold toy, spin around and place tail on rabbit.

Musical hop and freeze

Play music, stop when music stops

Treasure Hunt

Hide craft carrots

Play game, ready set go

Encourage child to find carrots,

Using vocab, under, over, around

Theme Notes

Series 336: Move Your Body

Episode 3



PRESENTERS

Karen Pang & Andrew MacFarlane

PIANIST

Peter Dasent

TOLD STORY

Please Be Careful

A story told by the Play School Team

STOP, LOOK, LISTEN FILM

Kangaroos

(Play School, ABC)

WINDOWS FILM

Livvi's Playground

(Play School, ABC)

IDEAS FOR LATER

- Sing and act out Five Little Elephants.
- Make a snap game using Australian animal pictures.

SONGS

Walking In The Bush

Composer: Tony Strutton

Publisher: ABC Music Publishing

The Frill Neck Lizard

Composer: Peter Pitcher

Publisher: ABC Music Publishing

Hey Hey Hey

Composer: Judith Keyzer / Peter Dasent

Publisher: Control / Origin / ABC Publishing Music

Round And Round 2

Composer: Arthur Baysting / Peter Dasent

Publisher: Origin / ABC Publishing Music

Rocket Clock Music

Composer: Sean Peter

Publisher: ABC Music Publishing

The Vase Song

Composer: Mark Barnard / Peter Dasent

Publisher: Control / Origin

Blow Up A Balloon

Composer: Lucille Wood / Roberta McLaughlin

Publisher: Chambers Harrap Publishing

Standing On One Leg

Composer: Graham Beebee

Publisher: PRS UK

Theme Notes

Series 336: Move Your Body

MAKE AND DO



How To Make A Wheelie Train

You will need

- Tricycle
- Small skate board
- Toy wheel chair
- Favourite toys

Instructions

Place toy in tricycle, wheelchair and on skateboard.
Move each one together as train.
Tie together with old ribbon.

How To Make An Animal Bush Scene

Patty pan frog

- Cut down cardboard tube
- Patty pans (ears and feet)
- Masking tape
- Texta

Frilled neck lizard

- Plastic spoon
- Cut pipe cleaners

Instructions

Frog

Attach patty pan ears to cardboard tube with masking tape.
Cut patty pan for feet.
Attach feet masking tape.
Draw mouth.

Lizard

Wrap pipe cleaners around spoon as legs, one in front and one at back.

Bush Scene

Make bottle trees, add fabric pond and rocks.

Theme Notes

Series 336: Move Your Body

Episode 4



PRESENTERS

Kiruna Stamell & Kaeng Chan

PIANIST

Peter Dasent

BOOK

Gary

Author: Leila Rudge

Publisher: Walker Book Australia, 2016

STOP, LOOK, LISTEN FILM

Penguins

(*Play School*, ABC)

WINDOWS FILM

Goalball

(*Play School*, ABC)

IDEAS FOR LATER

- Make an Antarctic scene using plastic animals and white plastic containers as icebergs.
- Make a ball game using a ball and large plastic container. Throw ball into container from different directions and distance.

SONGS

Playing Ball

Composer: Edna G Buttolph

Publisher: Willis Music Company

Hey Hey Hey

Composer: Judith Keyzer / Peter Dasent

Publisher: Control / Origin / ABC Publishing Music

Rocket Clock Music

Composer: Sean Peter

Publisher: ABC Music Publishing

The Wheels On The Bus

Composer: Traditional

Publisher: ABC Music Publishing

The Walking Song

Composer: Kylie Montague / Peter Dasent

Publisher: Control / Origin

A Little Bit Of This

Composer: Gordon Sneddon

Publisher: Control

Fairy Penguin Walk

Composer: Don Spencer / Allan Caswell

Publisher: MCA / Gilbey



Theme Notes

Series 336: Move Your Body

MAKE AND DO



How To Dress Up Like A Penguin

You will need

- Black coat
- Dressing gown or shirt
- White scarf

Instructions

Dress up in black coat, put on white scarf ready to do the penguin waddle!



How To Make A Sticky Picture

You will need

- Twigs
- Leaves
- Feathers
- Flowers
- Clear sticky paper
- Coloured paper
- String

Instructions

Collect things from garden
Place on sticky paper.
Add piece of string as hanger
Place coloured paper on sticky paper
Hang picture using string

Theme Notes

Series 336: Move Your Body

Episode 5



PRESENTERS

Andrew MacFarlane & Hunter Page-Lochard

PIANIST

Peter Dasent

BOOK STORY

Who Saw Turtle?

Author: Ross Moriarty

Illustrator: Balarinji

Publisher: Allen & Unwin Australia, 2017

STOP, LOOK AND LISTEN FILM

Seals

(*Play School*, ABC)

WINDOWS FILM

Horse Riding

(*Play School*, ABC)

IDEAS FOR LATER

- Make a rainbow jelly cake.
Add new colour after each colour sets!
- Make a fact scrap book about underwater creatures e.g. Sharks, starfish, jellyfish.

SONGS

Hey Hey Hey

Composer: Judith Keyzer / Peter Dasent

Publisher: Control / Origin / ABC Publishing Music

Mixing Song

Composer: Arthur Baysting / Peter Dasent

Publisher: Origin / ABC Music Publishing

I Like To Sing

Composer: Garth Frost / Peter Dasent

Publisher: Origin

Rocket Clock Music

Composer: Sean Peter

Publisher: ABC Music Publishing

Everybody Do This

Composer: Traditional

Publisher: ABC Publishing Music

Round And Round

Composer: Colin Buchanan

Publisher: Rondor



Theme Notes

Series 336: Move Your Body

MAKE AND DO



How To Make Fruity Turtles

You will need

Daddy Turtle

- Green apple
- Chopping board
- 4 x segs mandarin
- Green grape
- Knife

Baby turtle

- Kiwi fruit
- 2 x segs mandarins
- Green grape
- Knife

Instructions

Daddy turtle

Cut green apple in half.
Add 4 segments of mandarin as flippers.
Add grape as head.

Baby Turtle

Cut kiwi fruit in half.
Cut 2 mandarin segments in half.
Add 4 segments of mandarin as flippers.
Add grape head.

How To Make An Underwater Scene

You will need

- Firm cardboard
- texta
- Scissors
- Bubble wrap
- Thick paint/brushes
- String
- Peg

Instructions

Draw and cut out underwater creature shapes
E.g. An octopus, whale, starfish, turtle.
Paint on bubble wrap.
Press cut outs on bubble wrap.
Try using more than one colour .
Peg string on fish, ready to hang.