Balancing in the Garden



**intent:**

Integrate locomotor skills and balance while singing a song that connects to gardening and nutrition.

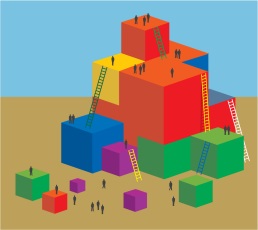
**OUTCOMES:**

* Participants will actively participate during song activity, moving slowly with balance and coordination as they perform various locomotor skills.
* Participants will experience a movement lesson that integrates nutrition through active play.

MCBS00539A0000[1]**Materials Required:**

* Song:“Balancing in the Garden,” by Angela Russ, CD: *Smart and Yummy 1* ([www.ABridgleClub.com](http://www.ABridgleClub.com))
* Music player
* PPT slide with prompts for movement
* Open space (indoors or outdoors) for each participant to move safely

**Time:** 3-4 minutes

**Process:**

1. Prepare participants for movement—check clothing and shoes and push in chairs at tables, along with bags/totes/etc.
2. Invite all participants to stand and find an area that has open space and is free of obstacles.
3. Ask participants to pretend that everyone is standing in a garden planted with rows of yummy vegetables*.*
4. Introduce the song and highlight how locomotor skills and balance can be integrated into a movement opportunity with a nutrition focus (See the next page for lyrics and movement prompts.).
5. Cue the song and move!

**OPTIONS:**

* Song prompts are suggestions only; feel free to change using other locomotor skills.
* The balance pose at the end of the song reminds participants of the ease of blending fundamental movement skills into movement opportunities. Other types of balance poses may also be used.



**“Balancing in the Garden,” by Angela Russ, CD: *Smart and Yummy 1***

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| **Lyrics** | ***Movement Cues*** |
| Balancing  Balancing  Balancing  WOW!  Go straight through the garden  And then turn around | *Walk, slowly, in a straight line on tippy toes—pretending to be in a garden*  *Raise up on tippy toes and turn around* |
| Balancing  Balancing  Balancing  WOW!  Go straight through the garden  And then turn around | *Walk, slowly, in a straight line on tippy toes—pretending to be in a garden*  *Raise up on tippy toes and turn around* |
| One foot then the other  One foot then the other  Zucchini, carrot, and cucumber  WOW! | *Side step on one side*  *Side step back with the other side leading* |
| My hands at my sides  My arms are spread wide  I look where I’m going  Don’t step on what’s growing | *Gallop* |
| *Musical interlude* | *Turn around and gallop quickly in small steps* |
| One foot then the other  One foot then the other  Straight through the garden  Balancing    WOW! | *Skip*  *Finish by balancing on one foot* |