



**WHAT IS IT? (RATIONALE)**

This activity works to help students concentrate on keeping a beat, following directions, and building their physical strength through singing a song while participating in physical activities.

**GETTING STARTED (PROCEDURES & MATERIALS)**

No materials are needed for this activity beyond personal space for the activities and a working knowledge of the words and melody to Ol' McDonald. The activity is a replica of the song Ol' McDonald. The words are changed and are listed below. The children will need to listen and be capable of following the new directions.

Song (example of first verse)

- Ol' **Miss West** had a class, E-I-E-I-O (Teacher's name)
- And in that class they did some **jumping jacks** E-I-E-I-O
- With a **jumping jack** here and a **jumping jack** there, here a **jumping jack**, there a **jumping jack**, Everywhere a **jumping jack**
- Ol' **Miss West** had a class, E-I-E-I-O (Repeat with a different activity)

**ADAPTATIONS**

Students with a hearing impairments can read the words to the song, or if the activities are in the same order, they will/can remember the order of the activities. They can stand close to the teacher and the teacher will sing toward them so they can hear the song better.

Ideas for activities

- |                 |              |
|-----------------|--------------|
| • Jumping jacks | • Slide      |
| • Sit-ups       | • Squat      |
| • Jump          | • Twist      |
| • Hop           | • Hand-shake |
| • Skip          | • 'Hi'       |
| • Leap          | • Stomp      |

Any locomotor/nonlocomotor skill that children know how to do. Hopefully they will get involved with this song and be creative. Also be sure to encourage personal and social skills.

**DEVELOPED BY:**

Shelly West, University of Michigan



**BODY IMAGE**  
**LATERALITY**  
**FOLLOWING DIRECTIONS**  
**SEQUENCING**  
**LANGUAGE**



**BALANCE**  
**GENERAL COORDINATION**  
**HAND/EYE COORDINATION**

**DOMAINS ADDRESSED**



**STRENGTH**



**BEST EFFORT**  
**COOPERATION**  
**RESPONSIBILITY**  
**SELF CONTROL**