

# “Seven Jumps” becomes “Eight Shapes”!

Jackie Havranek

[jfhavranek@mpsomaha.org](mailto:jfhavranek@mpsomaha.org)

If you have access to the book “Teaching Movement and Dance” by Phyllis Weikart, I wouldn’t be surprised if you know the gem, “Seven Jumps”. If you haven’t heard of the book, buy it as soon as you can! It is full of awesome folk dances from all over the world that are broken down into sequential steps and can be easily modified for different learning situations. “Seven Jumps” is written down as a circle dance that is easily accessible for young learners, but after finding some cool body shape cards at a new school I started teaching at, I had to use them and thought this was the perfect opportunity!

You will need these body shape cards for this lesson:

<https://drive.google.com/file/d/1TDcs4waSGvVftBwxf1hE3UXb5VSguxqW/view?usp=sharing>

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Process:

1. Give students some time to practice the body shapes either as a group or by individual exploration. Students should try and match their body and face to what the card is showing.
  - \* I usually don’t use the partner cards for this activity, but you certainly could if you wanted!
2. When you are ready to add the music, on the A section have the students copy the teacher in some way of keeping the beat, non locomotor, or locomotor movement. For the B section hold up a picture and every time the music cues, hold up a new one and have them change their shape.
3. The first B section only has two cues, but each time it comes back, it adds another. By the end of the music, they will have to switch through 8 different shapes and hold them for different amounts of time.

I have used this activity with all grades K-5 and it has been a hit for all of them!