Movement Guide: Penguin Ballet

Note to Teachers: This playful suggested movement is suitable for younger grades. Older students might brainstorm their own movements. If time permits, students work in small groups to choreograph and share their movement compositions with others.

PRACTICE. Have students practice the four main movements:

Snowflake Swirls: Raise your hands above your head and move them in a circular motions to represent snow swirling in the wind. Wiggle all five fingers, too, to make it look like sparkling snowflakes.

Penguin Shuffle: Place your arms straight by your side and flex your hands out to look like penguin wings. Shuffle your feet side to side to act like a penguin waddling. In this part, we pretend to mimic the small, cute Adélie penguin.

Whale Jumps: Use one arm to create large arcing shapes in front of you, like a whale jumping up and out of the water.

Penguin March: Pretend to be regal, King Penguins. Lift your beak (nose) just like the King Penguin in the picture. Proudly lift your chest and march around.

MOVE. **Option 1:** Print the included movement visuals. Play the Penguin movement from *Antarctica Suite for Guitar.* As the music is playing, hold up various visual cues and model the movement for students. Switch movements as desired. If applicable, have students taking turns leading the movements.

Option 2: Use the suggested timing to coordinate movements with the music. Before beginning, tell students there are two "freestyle" sections, and they can choose to imitate any animal (seals, whales, penguins) or just dance.

0:00-0:36	Snowflake Swirls
0:37-0:48	Penguin Shuffle
0:48-1:00	Whale Jumps
1:00-1:22	Snowflake Swirls
1:22-1:32	Penguin Shuffle
1:33-1:47	Whale Jumps
1:48-2:02	Freestyle
2:03-2:13	Penguin March
2:14-2:33	Freestyle
2:34-2:49	Snowflake Swirls
2:50-3:09	Penguin Shuffle

- ✓ Follow along with this lesson online!
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- ✓ Need help adapting a lesson? Link no longer working? Contact Katie Condon, music education specialist

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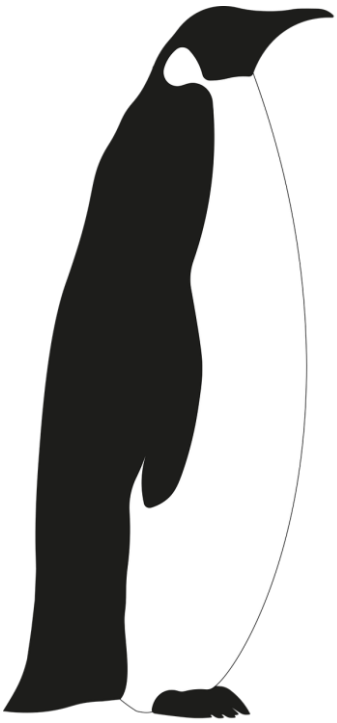

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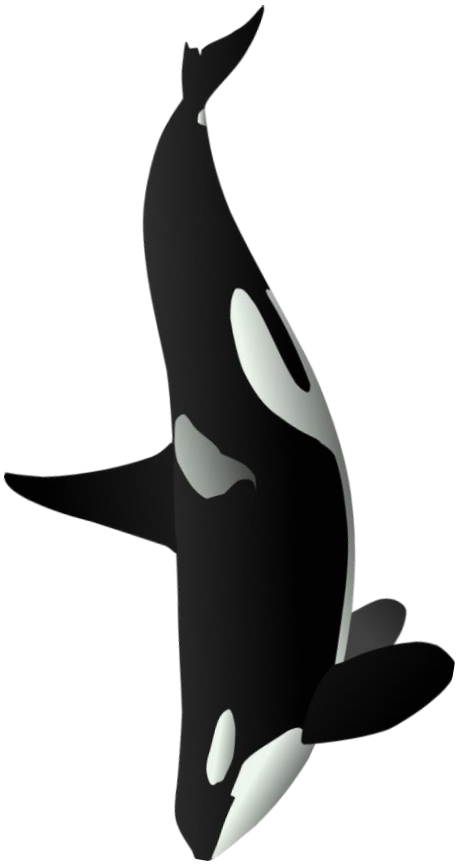

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