



TITLE of the activity: **Hokey Cokey**

Type of activity: **Dance**

Age range: **5-8**

Materials: **Hall/gym, speaker, device to play music via the internet**

<https://www.youtube.com/watch?v=U9iUCHfzmYE>

DESCRIPTION:

Stand in a circle and follow the instructions as they are sung.

*You put your left arm in
Your left arm out
In, out, in, out
You shake it all about*



*Move the correct body part in
and out of the circle

Shake it about*

*You do the hokey cokey
And you turn around
That's what it's all about*



*Put your hands together and
shake them for the hokey
cokey

Turn around on the spot*

*Woah, the hokey cokey
Woah, the hokey cokey
Woah, the hokey cokey
Knees bent
Arms stretched
Ra-ra-ra*



*Hold hands in a circle and run
in and out

Bend knees, stretch arms

Clap 3 times.*

Repeat for different body parts as instructed in the song.

Challenge:

1. Try learning the names of the body parts in a different language and then singing the song.
2. Put the children in groups of around 5. Get them to make up a verse of their own with actions for a different body parts.