

“Knees Up, Mother Brown”

Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- SPARK EC Music CD and player

Set

- Create activity area.
- Scatter spot markers within area.
- Send children to stand on spot markers.

GO!



1. “Knees Up, Mother Brown”

- Let’s move to a fun song about a girl from France who didn’t know how to dance.
- When the music starts, follow me and move the way the song tells us.
 - “**There came a girl from France**” Bounce on your home!
 - “**Oh, knees up Mother Brown**” Knees up high in front!
 - “**Hopping on one foot**” Hop on one foot! Keep the beat!
 - “**Oh, knees up Mother Brown**” Knees up high in front!
 - “**Hopping on the other**” Hop on the other foot. Keep the beat!
 - “**Whirling round and round**” Turn around and around. Turn the other way.
 - “**There came a girl from France**” Bounce on your home!

2. Wrap It Up

- Feel your heart! When your heart beats fast, it means you are getting stronger!
- Who will tell us a way we moved in our song?

Variations

- Have children leave their homes and move in the neighborhood.
- Have children partner and mirror their movements.



“Knees Up, Mother Brown”

Ladies and Gentleman
It's time for the dance portion of our program
This is all about the girl from
France that didn't know how to dance

There came a girl from France
Who didn't know how to dance
The only thing that she could do
Was knees up Mother Brown.

Oh, knees up Mother Brown
Knees up Mother Brown
Knees up, knees up,
Never let the breeze up,
Knees up Mother Brown.

Hopping on one foot
Hopping on one foot
Hopping, hopping, never stopping
Hopping on one foot.

Oh, knees up Mother Brown
Knees up Mother Brown
Knees up, knees up,
Never let the breeze up,
Knees up Mother Brown.

Hopping on the other
Hopping on the other
Hopping, hopping, never stopping
Hopping on the other.

And whirling round and round
Whirling round and round
Whirling, whirling, never twirling
Whirling round and round.

There came a girl from France
Who didn't know how to dance
The only thing that she could do
Was knees up Mother Brown.



OBJECTIVES

- ✓ Rhythmic expression
- ✓ Locomotor skills
- ✓ Balance

YOUR STATE STANDARDS

Music Credits

Song Title: “Knees Up, Mother Brown” (Weston/Lee)
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