

Yan Petit-Southern France

2 - 4

Equipment Needs	The Folkraft is now unavailable - except found here on Sanna's CD. Music player and music.
Facility/Playground Needs	Space allowing for circle with hands joined (or not).
Lesson Objective (Psychomotor and/or Cognitive):	Body awareness, locomotor skills, rhythm/timing, cultural awareness
Teaching Hints:	"Yan Petit" (Little John in Catalan) was originally for boys as a competitive exercise. The cumulative pattern lends itself to modification; even originally it changed. The below shows the original with a simplified version in brackets.

Description:

Intro. 8 counts

Part I

Skip or polka CCW 8 meas. [Sanna's: Side-close to R 8 times (or 4 to R and 4 to L) or, even easier, tap shoulders 8 beats, then march in place 8 beats.] Hold, clap 3 times.

Chorus

Stamp R 3 times, hold; clap loudly once, then raise R hand high with finger pointing and circling; turn in place with 4 steps. [Sanna's: Raise one arm to make a muscle, hold it on long note or fermata. Turn in place 4 steps, or beat their chests 4 times.]

PART II

Repeat Part I, ending with 3 claps. Add "with the toe, toe, toe." [Or 3 stamps with one foot.]

chorus

PART III

Repeat Part I & II. Add "with the knee, knee, knee," hitting (gently!) knee on floor. Movements will continue to get lower to the ground. [3 hits with heel, leg extended to front.]

chorus

PART IV

Yan Petit

Repeat Parts I, II, III. Add "with the hip, hip, hip," touching one hip to floor. [3 "boxing" motions.]

chorus

PART V

Repeat Parts I, II, III, & IV. Add "with the seat, seat, seat." [Rock shoulders with thumbs proudly in "suspenders."]

chorus

PART VI

Repeat Parts I through V. Add "with the belly, belly, belly" (on floor!). [3 pounds on thighs.]

chorus

PART VII

Repeat Parts I through VI. Add "with the head, head, head" (on floor!). [3 shakes of fanny.]

chorus

Final chorus:

spread feet and clap hands above head. [Make a muscle with both arms.]