

# PizzIMMERSION

## Professional Development Activities

### Mini lesson plan

**Title**

Four White Horses

**Year level suggested**

Years 3-6

**Useful for**

Brain breaks  
Teamwork  
Coordination skills

**Learning intention**

To engage students through movement and voice when concentration is low

**Materials**

A clear space in the classroom

**Background**

Folk tune transcribed from school children by Floice Lindgren Lund, 1960

**Lyrics**

Four white horses  
On the river  
Hey hey hey, up tomorrow  
Up tomorrow is a rainy day  
Come on and join our shadow play  
Shadow play is a ripe banana  
Hey hey hey, up tomorrow  
Up tomorrow is a rainy day

**Steps**

1. Children form circle groups of 4
2. Choose who is Pair 1, who is Pair 2 in the group – partners stand opposite each other
3. Palms facing outwards, all children clap their neighbour's hands to "Four white horses, on the river"
4. The next clapping pattern is completed **twice**:

|        |   |
|--------|---|
| Pair 1 | up, together, down, together<br>left, together, right, together |
| Pair 2 | down, together, up, together<br>right, together, left, together |

5. For "Shadow play is a ripe banana", children face palms outwards and clap neighbour's hands as before
6. Return to the Pair 1/Pair 2 clapping pattern until the end of the song

**Curriculum links****Music**

- Music Practices
- Present and Perform

**Health and Physical Education**

- Movement and Physical Activity

**Capabilities**

- Personal and Social
  - Social Awareness and Management, Collaboration