



MONSTER MASH

A halloween dance for children aged 6 - 9 years

SCHEME OF WORK - The Monster Mash – A Halloween dance scheme.

AIM OF SESSION - Build a simple Halloween Monster style dance routine based on the basic movements of dance – Travelling, Turning, Stillness, Falling and Jumping.

KEY WORDS - Zombie, Werewolf, Vampire, Mummy, Ghost.

LENGTH OF SESSION - 40 minutes.

RESOURCES - The original song *The Monster Mash* - you will also need a CD player, a large ventilated space, provision for water breaks.



WARM UP ACTIVITY (5 MINUTES)

1. Introduction to Beat and Rhythm
 - Focus the children, sit them in semi circle, and play "The Monster Mash"
 - Introduce the "Slow" beat: this is clapping in time to a regular beat (8 claps per phrase of 8 counts of music)
2. Now practice clapping to the beat of the music

MAIN ACTIVITY (20-25 MINUTES)

1. Arrange the children standing in their own space. Play the song again and **BOB UP AND DOWN** to the beat to focus the children
2. Practice being Zombies walking slowly in time to the music
3. Practice doing the Twist in time to music
4. Teach the actions to the song using the teaching notes on next page
5. Enjoy practicing the performance as many times as you like!

ENCOURAGE BIG STRONG MOVEMENTS AND GOOD POSTURE. PRAISE GOOD PERFORMANCES FOR OTHER CHILDREN TO WATCH AND COPY.

You could split the class to allow the children to watch each other's performance and copy good performance.

COOL DOWN ACTIVITY (2 MINUTES)

Children walk around the room stretching their arms above head - go into a full body stretch walking on tip toes and holding for 10 seconds.

Now perform a standing cat stretch to stretch out the spine - hold for 10 seconds.

Shake the body and then sit the children in a semi circle, encouraging good posture whilst sitting. Could include some seated mild stretches and talk about what they have learned today.

PLENARY

Observe children's ability to clap in time to music

Observe children's ability to perform the correct actions with the correct words of the song

Q. What have we learned in this session?

Q. What could we improve on next time?





CHOREOGRAPHY NOTES

The original song The Monster Mash

MONSTER MASH LYRICS

Musical Intro -

I was working in the lab late one night
When my eyes beheld an eerie sight
For my monster from his slab began to rise
And suddenly to my surprise

He did the mash, He did the monster mash
The monster mash, It was a graveyard smash
He did the mash, It caught on in a Flash
He did the mash, He did the monster mash

From my laboratory in the castle east
To the master bedroom where the vampires feast
The ghouls all came from their humble abodes
To get a jolt from my electrodes

They did the mash, They did the monster mash
The monster mash, It was a graveyard smash
They did the mash, It caught on in a Flash
They did the mash, They did the monster mash

The zombies were having fun
The party had just begun
The guests included Wolf Man
Dracula and his son

The scene was rockin', all were digging the sounds
Igor on chains, backed by his baying hounds
The coffin-bangers were about to arrive
With their vocal group, "The Crypt-Kicker Five"

They played the mash, They played the monster mash
The monster mash, It was a graveyard smash
They played the mash, It caught on in a Flash
They played the mash, They played the monster mash

Out from his coffin, Drac's voice did ring
Seems he was troubled by just one thing
He opened the lid and shook his fist
And said, "Whatever happened to my Transylvania twist?"

It's now the mash, It's now the monster mash
The monster mash, and it's a graveyard smash
It's now the mash, It's caught on in a flash
It's now the mash, It's now the monster mash

Now everything's cool, Drac's a part of the band
And my monster mash is the hit of the land
For you, the living, this mash was meant too
When you get to my door, tell them Model A sent you

Then you can mash, Then you can monster mash
The monster mash, And do my graveyard smash
Then you can mash, You'll catch on in a flash
Then you can mash, Then you can monster mash

MONSTER MASH DANCE ACTIONS

Intro and verse 1:

Children pretend to open a door.

Sounds of potions bubbling: children crouch on the floor and randomly jump in to the air as if they were a potion popping and bubbling - Repeat this throughout the first verse.

Chorus: Children to create a monster pose and walk around the room to the beat of the slow beat of the music (like zombie's).

Verse 2: In pairs the children face one another and hold their monster poses until the last line of the verse when they shake and pretend to be jolted by electrodes.

Chorus: Perform the Zombie square.
Children walk as a group like zombies to the FRONT of the room (4 slow counts).
Then turn and walk like zombies to the RIGHT side of the room (4 slow counts).
Then turn and walk like zombies to the BACK of the room (4 slow counts).
Then turn and walk like zombies to the LEFT side of the room (4 slow counts).

Verse 3: Children freestyle dance, cheer and clap (as if at a party).
Some children could Howl like a wolf, or pretend to be Dracula using a coloured scarf for cape.

Verse 4: Children perform "The Twist".

Chorus: Perform the Zombie square again.

Verse 5: Children lay down still until the end of the verse and then spring out of the coffin.

Chorus and Verse 6: Form 2 circles of children, one smaller circle inside a larger circle.

The children in the larger circle start to march in time to the slow beat (zombie style) in a clock wise direction. The children in the small circle march in the opposite direction.

Final chorus: Children break away from the circle and in to their own space. Finish off the dance with either freestyle zombie dancing or each child pretending to be a monster of their choosing e.g. a werewolf, a vampire, a mummy, a ghost etc (teacher give them ideas).

End of dance: Children dramatically fall over and laying still.

HAPPY HALLOWEEN!

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