

### 3. The Joint Point

Now I know a dance that's so easy to do  
And if you listen real close you can do it, too  
It's the joint point, yeah, it's the joint point  
Now with this dance all you have to do  
Is point to and move the joint that I tell you to  
It's the joint point, yeah, it's the joint point

Well, can you point to your neck  
Can you move that neck  
Move it up and down  
Well, move it all around  
Can you point to your shoulders  
Your elbows too  
Can you move them together  
Well, I can too

Chorus

Well, can you point to your wrists  
And the knuckles on your fingers  
Now bend them together  
And don't let them linger  
Now where is your waist  
Your knees and your ankles  
Can you move them all together  
With a wrinkle and a wrinkle

Okay kids, are you ready to move your bodies?

Now move that neck, move those shoulders  
Bend those elbows, move your wrists and  
knuckles  
Bend that waist, bend those knees  
Move those ankles, would you please

Now can you move them all together  
Can you move them all together  
Can you move them all together  
Well, let's move them all together

Now we know a dance that's so easy to do  
And if you listen real close you can do it too  
It's the joint point, yeah, it's the joint point  
Do the joint point, do the joint point, do the joint  
point  
Yeah, do the joint point, do the joint point, do the  
joint point

**Purpose:** To learn about the joints of the body  
and how they function through a movement  
activity.

**Concepts:** Pointing, naming the joints of the  
body (Neck, Shoulders, Elbows, Wrist,  
Knuckles, Waist, Knees, Ankles), Spatial  
vocabulary (Up, Down, Around, Together),  
Following directions.

**Setting:** Large or small group.

**Materials:** Rulers (one for each child).

**Activities:**

1. Have children point to above body parts.  
Discuss the word "joint."
2. Have children follow directions and do  
appropriate body motions without the  
song. Teacher gives directions, such as:  
Shake your elbows, etc.
3. Have children follow the directions of the  
song and sing responses.
4. Give the children a ruler to help them point  
to each joint.
5. Encourage different movements and  
creativity in their movements.