

MUSIC SCHEME FOCUS: SELF-CARE – HAPPY AND HEALTHY

	MUSICAL ACTIVITIES	MUSICAL LEARNING
Week 1	Singing: Happy and Healthy (Sing Up) Singing: Bathtime (Sing Up) Composing: Creating a score of sequenced sounds	<ul style="list-style-type: none"> • sing songs showing increasing vocal control (singing more in tune, breathing deeply, singing words clearly) • play to a steady beat
Week 2	Singing: Shoe ties with percussion accompaniment Singing: Oddsocks Playing: instruments of contrasting timbre	<ul style="list-style-type: none"> • sequence symbols to make a simple structure (score) • compose own sequence of sounds and perform
Week 3	Chanting: Grandma rap (Sing Up) Singing: Oddsocks with percussion Creating: Sock scores	<ul style="list-style-type: none"> • sing songs in different styles conveying different moods (happy, sad, angry etc.) and with sense of enjoyment • perform own and other’s pieces using graphic notation

SING UP PLAYLIST:

- Happy and Healthy
- Bathtime
- Grandma rap
- Old MacDonald (backing track)
- Here we go round the mulberry bush (backing track)

Additional ‘Sing Up’ material for extension work:

RESOURCES:

- Untuned percussion
- Sing Up website: **HAPPY AND HEALTHY; BATHTIME; GRANDMA RAP (PLUS TWO BACKING TRACKS)**
- PowerPoint slides: **SHOE TIES; ODDSOCKS; SOCK SCORE; IDEAS FOR NEW VERSES OF ‘GRANDMA’**
- mp3 recordings: **ODDSOCKS; SHOE TIES**
- Props: Bathtime toys and washing items: sponge, plastic duck, shark, bath-hat, plastic book etc.
- Sploshers: small plastic bottles containing water, food colouring and washing up liquid
- Puppet wearing with one red and one green sock