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Hello Year 1 and 2!

Shall we do some music today? Can you show those in your household how to warmup your body?

- Big stretch and breathing in
- Roll shoulders back and yawn
- Rubber chicken
- Zzzzzz, vvvvvvv, hey! No! Yooohooo! Wah wah! Nuh nuh!
- Miiiiiiaws (quietly and getting higher in pitch)
- Flipper flipper...chipper..tipper...zipper...any more?
- Mango mango, kiwi, pineapple banana, watermelon.
- Stick tongue out and stretch!
- Feet flat on the floor, big bellies of air, relax your face muscles, loosen shoulders.

### **New Song to access via YouTube**

Can you have a go at learning this **new** song? Have you seen any rainbows recently? Maybe this week you will if there is sunshine and rain.

**Sing of a Rainbow – Out of the Ark Song** [https://youtu.be/eoHh\\_3AOVgM](https://youtu.be/eoHh_3AOVgM)

Now let us wake up our bodies some more. Can you listen to **Calypso** by **Susie Davies-Splitter** to liven up! Have a go at **walking to the beat** and moving **left to right** and **up** and **down** and **turning around**.

<https://youtu.be/Il6vsgYHWLY>

### **OLEO SONG**

Remember this song '**Oleo!**'? I have put a recording of it on the website for you to join in with. **Can you make up your own actions and body movements to it?** You'll notice sometimes I sing loudly, sometimes quietly, sometimes smoothly and sometimes short and choppy.

Have a practice at Jack in the Box again. Look on the website for: 'Music To Sing Along To' **Jack in the Box**

**Jack in the box, Jack in the Box, stand up tall!  
Jack in the box, Jack in the box, curl up small.**

Can you start on the floor curled up and when you sing the word "tall" jump up high! And when singing "curl up small" slowly start to curl your body into a ball on the floor?

### **ASSEMBLY SONG: BUILD IT HIGH**

A couple of years ago when you were very very young you will have learned song in assembly. And you also sang it in the country dancing show in summer. Do you remember it? Watch the video and see if you do! It's a very catchy song to sing along to.

#### **BUILD IT HIGH**

<https://youtu.be/g-2rKbMBZW8>

### **Hello, my name is Joe song**

The recording of this is on the school website for you to follow. Do you remember all of the actions? If not, have a go at making up your own. Don't forget at the end you have to shout YES!!!!

**Hellllloo, my name is Joe. I've got 5 children and I work in a bottle factory.**

**Yesterday my boss came in said Jooeeree are you busy?**

**I said no. She said push the button with your left foot.**

**Hellllllloo.....right foot.....left hand.....right hand.....head.....belly.....YES!!!!**

