

GOING FOR A SONG

Physical education

Using singing in PE lessons helps to motivate and energise pupils, says Sing Up ...

1 Get moving
Why not try applying singing to a warm-up exercise? Singing is much more physically challenging than you might think; it not only strengthens lung capacity, but also works the diaphragm muscle and improves posture. The lively and easy to learn song *Come dance with me* is perfect for getting a class on its feet.

Display the lyrics (found on singup.org) on the interactive whiteboard and use the performance track to introduce children to the song. It has a simple call-and-response format, with the whole class using their bodies and voices together to answer the leader's questions. The rowdier the dialogue gets the better, as the class will be using lots of energy! It's a fun, positive way for students to blow off steam.

After you lead the class through a rendition, have a go at appointing a student to be the leader - who can then choose someone else once she has finished. Repeat until everyone has had a go.

After singing a few rounds of *Come dance with me*, the class will definitely be feeling warm!

2 Make a splash
Before your class takes the plunge and enters the pool, remind them of the different strokes they can use with the catchy rock 'n' roll number, *Learn to swim*. It's a great way to get your students excited for the lesson ahead and to build confidence in those who don't consider themselves to be strong swimmers.

Take your class through the lyrics, making sure to pay attention to all the physical actions; from kicking your legs like a frog to a vigorous front crawl. Use the lyric, 'which is the best stroke for you?', as a prompt for a brief discussion about which swimming stroke the class prefers, and why.

Once you've tried out your strokes on dry land, you're ready to make a splash in the pool!

3 Folk dancing
Use the traditional song, *Jump Jim Joe*, to ignite an energetic session of movement that will promote your students' sense of rhythm while encouraging the class to mix.

Listen to the performance track; this is an American social dance involving open gestures, welcoming faces and enthusiastic dance actions. Ensure everyone understands the pattern of

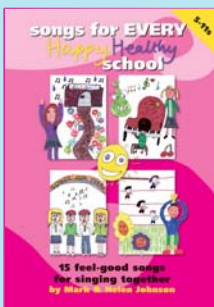
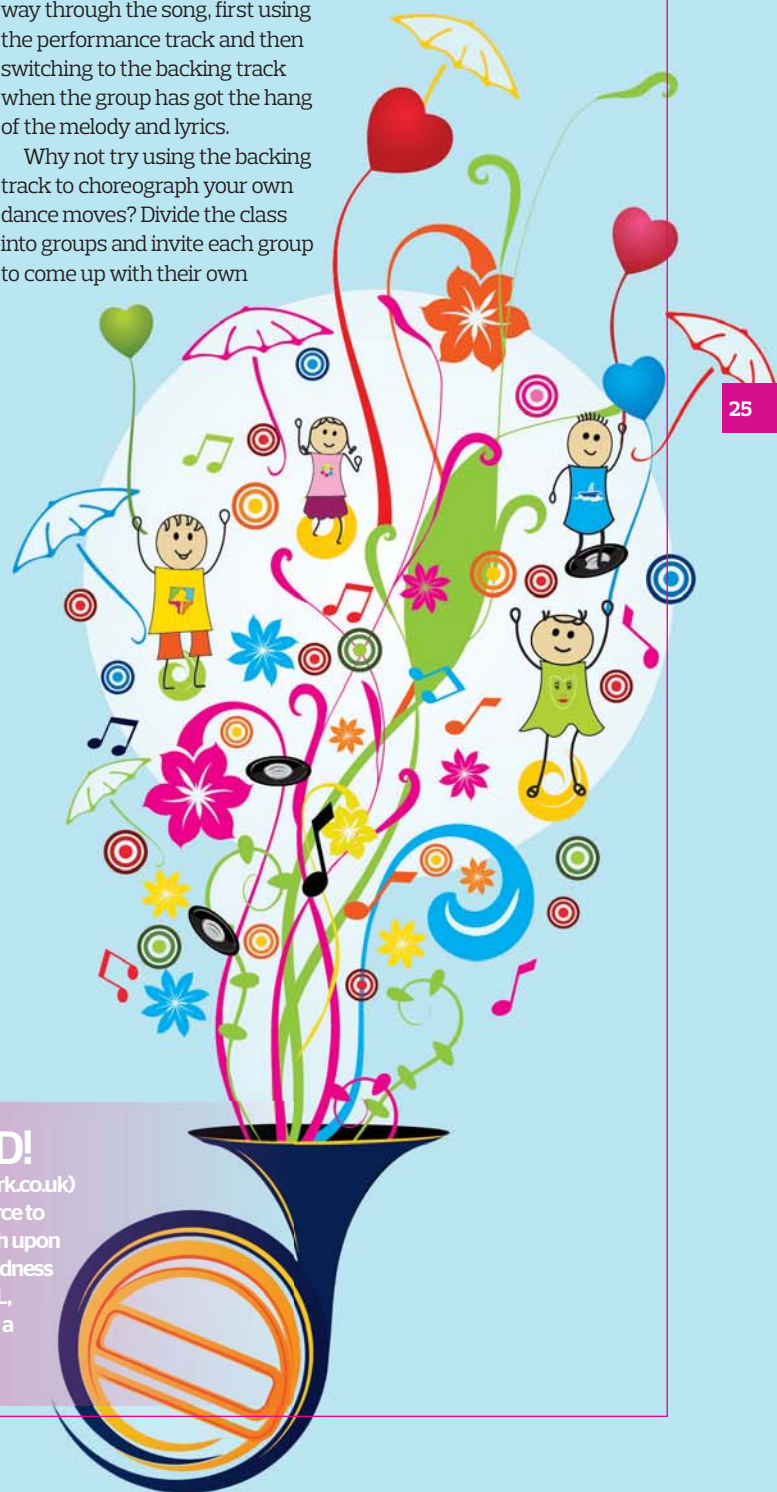
actions. One 'starter' couple stands in the centre of the circle, holding hands and carrying out the actions described in the lyrics: jumping, nodding and shaking heads, tapping one foot, walking round in a small circle and finally letting go to find a new partner, bringing them back to the centre of the room. Sing and dance your way through the song, first using the performance track and then switching to the backing track when the group has got the hang of the melody and lyrics.

Why not try using the backing track to choreograph your own dance moves? Divide the class into groups and invite each group to come up with their own

choreography ideas. At the end of the session, the groups could each perform their routines to the rest of the class, with those watching giving feedback.

In future sessions, learn some other American folk dances to reflect the diversity of dance styles across the continent.

Online resources
Lyrics, audio tracks, sheet music and notes and activities for all the songs mentioned within this article can be found in the Songs & Teaching Resources area of the Sing Up website (singup.org).



Win a healthy songs CD!

We have five copies of Out of the Ark's (outoftheark.co.uk) new *Songs for EVERY happy, healthy school* resource to give away. It includes 15 feel good songs that touch upon themes such as happiness, freedom of choice, kindness and gratitude. Great for supporting PSHE and SEAL, singing along will ensure children start the day on a positive note. To enter the competition, visit teachprimary.com/news