

## Elements of an early years session – Alison Scott

### Welcome song

**Name games** eg hello everyone; hello, hello how are you today

Can use drums/sticks to tap out name/syllables ( eg hot cross buns – what's your name)

Can create your own eg. Gary's Tell me your name

**Warm ups** Eg Pussy cat, penguin

Hum/roller coaster

Circle dances eg Jump Jim Joe, Bobalinka, Vulani

### Pulse tempo

Clapping rhythms, introduce faster/slower

Playground games – passing round ball of energy

Sticks – 1 2 3 4

Long line train, Marching band

Lycra – forwards and backwards

### Rhythm (can also think about phrases)

Harry Potter

Stick games, + with chairs

With instruments – shaker, shaker, play the shaker; play the hand drum

Hickory dickery dock – underlying tick tock

Talking drums – conversation

Playground games

Clapping games

**Dynamics** eg. Sticks – take a stick in this hand

Lycra – loud soft

Thunder then rain – make a storm, then rainbow. Conduct the weather

**Pitch** eg Have you brought your high voice

Pitched instruments eg boomwhackers, bells etc

Lycra – wave the lycra way up high

### Composition

Bobalinka

Lycra eg. there's a fish that's swimming in the sea

Creating rhythms – use words eg breakfast, favourite words, composition grid

Using lycra as boat, plane, spaceship – go to the jungle, moon etc

### Songs with actions/ songs for fun

Three little pigs

Open shut them

Heads and shoulders baby

Animals on the lycra

### Instruments

Show me your ..... just like this

Little bird

Old Macdonald had a band

**Winding down song**

Going home song/homeward bound

Ho ho Watanay

Nisa

Nanoomah