



Lesson plan 1

Understanding our bodies

Science, PE, PSHE, Art

The content for this lesson plan was adapted from a Sing Up KS2 topic plan called 'Ourselves' by Andrew Brooke, available from the Sing Up website, www.singup.org. Sing Up aims to put singing at the heart of every primary school child's life through access to high-quality singing activities every day. It launched in 2007 and is delivered in partnership by Faber Music, The Sage Gateshead and Youth Music, supported by Government.

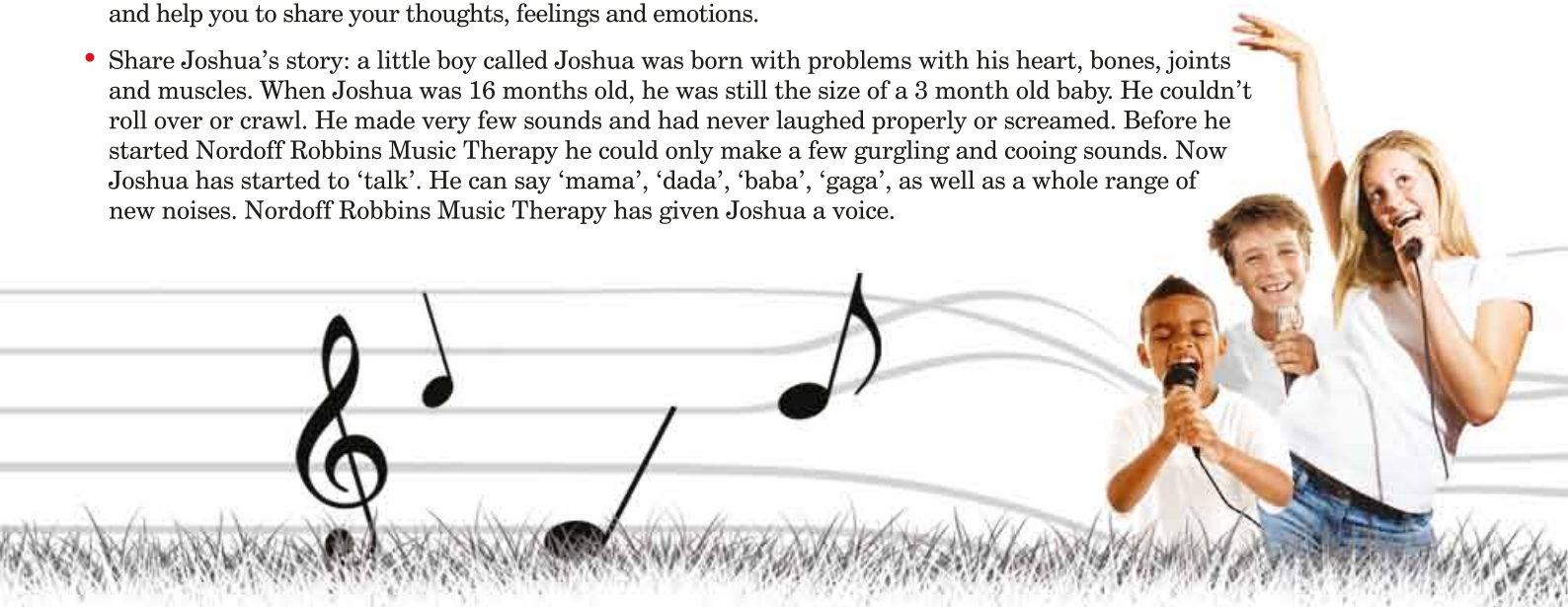
By the time children reach the end of KS2, they will have learnt a lot about human physiology and associated ideas: teeth, the heart and lungs, bones, muscles and the human life cycle and the effects of drugs.

Warm up! Get ready to **123sing!**

Use the song *Dem bones* to promote discussion about how our bodies are put together. Look at a skeleton, model or poster. Try the virtual body from medtropolis.com, which has a 'guided tour' to the skeleton and a 'build a skeleton' game. What are the functions of different bones?

Make singing count

- Talk about the reasons why some children can't do all of the things other children can do because of problems with their bodies. Explain why you are taking part in **123sing!**
- We are singing together today as part of **123sing!** in order to help children who find it hard to do certain things because they are sick or disabled. The money that we raise for **123sing!** will go to a charity called the Classic FM Foundation, who help these children to have better lives through Nordoff Robbins Music Therapy.
- Sometimes children are born with or develop health problems that mean they do not start to make sounds, talk or walk like other babies. Making music with these children can help them, learn to make sounds, talk/communicate and even to walk. If you are sick, making music can give you more confidence, make you feel happier and more relaxed and help you to share your thoughts, feelings and emotions.
- Share Joshua's story: a little boy called Joshua was born with problems with his heart, bones, joints and muscles. When Joshua was 16 months old, he was still the size of a 3 month old baby. He couldn't roll over or crawl. He made very few sounds and had never laughed properly or screamed. Before he started Nordoff Robbins Music Therapy he could only make a few gurgling and cooing sounds. Now Joshua has started to 'talk'. He can say 'mama', 'dada', 'baba', 'gaga', as well as a whole range of new noises. Nordoff Robbins Music Therapy has given Joshua a voice.



123 sing!

Lesson plan 1

Let's get moving!

- Listen to and sing *60 minutes*, a warm-up composed for Sing Up by Carrie and David Grant. Discuss each of the movements and invite volunteers to demonstrate each of the activities in the lyrics. Ask children to describe what is happening using scientific terminology, such as muscles, bones and limbs. Get children to replicate these movements in slow-motion and freeze-frame. Photograph or video children doing each of these activities, and look at and discuss the pictures together. Focuses on how movement can be expressed in art, using the pictures and the children's descriptions and experiences to stimulate artwork. Investigate techniques that can be used to achieve this in a range of art media, such as drawing, montage and print.

Songs you will need

To find the songs used in this lesson plan, head online to www.singup.org/songbank and use the keyword search function:

Dem bones

60 minutes

Other songs in the Sing Up Song Bank include:

- *H.E.L.L.O.*
- *Sunshine in my heart*
- *You can do it*
- *Make it me-sized*
- *Raise my voice*

www.singup.org





Lesson plan 2



Believing in ourselves

SEAL, Art

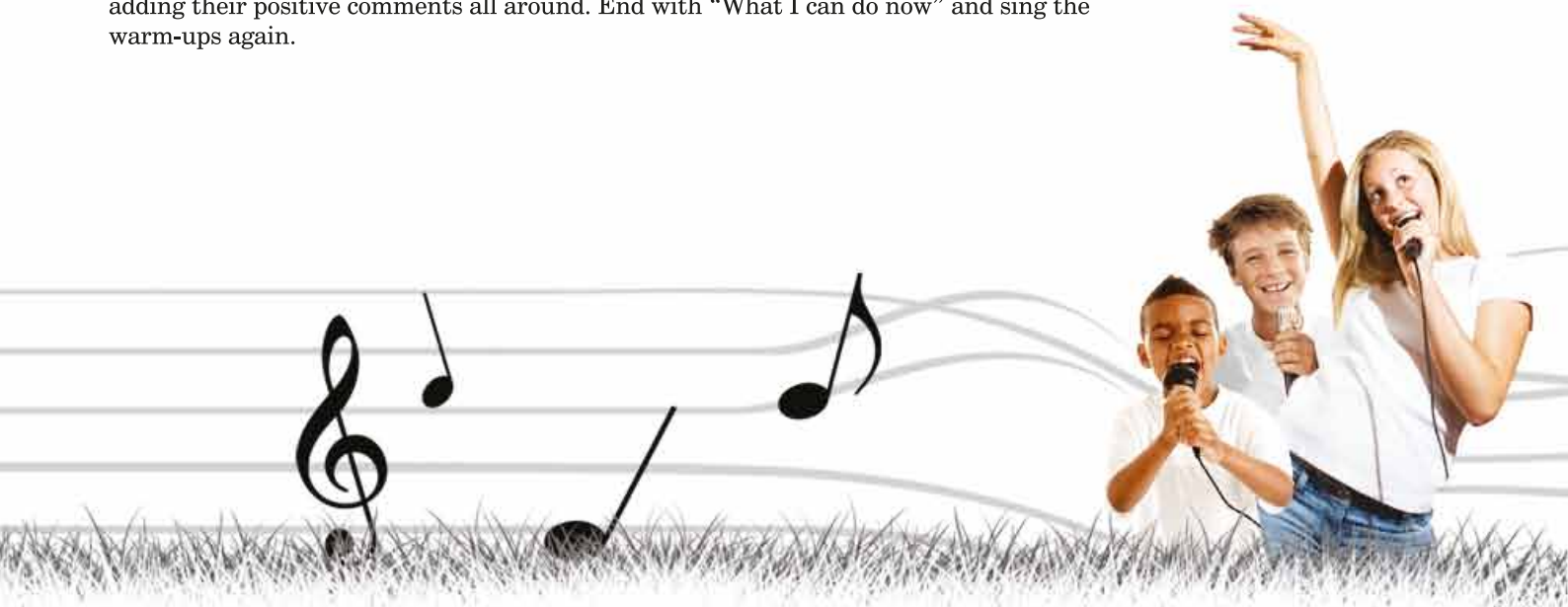
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I like me!

- This lesson plan deals with children's aspirations and self-expectations, as well as their understanding of children that have physical and mental illnesses and disabilities. Low self-esteem can be a major cause or symptom of BESD (Behavioural/Emotional/Social Difficulties). As well as leading to under-achievement, BESD can manifest in a wide variety of behaviour patterns, including indifference, poor concentration, temper outbursts and aggression. SEAL, PSHE and circle time-based activities are effective ways of supporting all children (not only those identified as having BESD) in the development of behavioural, emotional and social skills, and thereby boosting confidence and self-esteem.

Warm up! Get ready to 123sing!

- Try the simple warm-ups *Good to be me* and *I like me* in the Sing Up Voice Box. Both are very accessible and promote self-belief. Encourage children to bring in photographs (or to draw pictures) of themselves at different points in their lives, such as at birth, aged 2, in Reception Year, at the end of Year 2, etc. Ask children to discuss what sorts of things they were able to do at each point. Encourage them to talk both about life skills and academic achievements. If necessary, use prompts such as "In Reception Year I was able to ..." and avoid allowing children to focus on what they could not yet do. Get them to make a poster, sticking their photos onto sugar paper and adding their positive comments all around. End with "What I can do now" and sing the warm-ups again.





Lesson plan 2



Make singing count

- Talk about the reasons why some children can't do all of the things other children can do because of problems with their bodies. Explain why you are taking part in **123sing!**
- We are singing together today as part of **123sing!** in order to help children who find it hard to do certain things because they are sick or disabled. The money that we raise for **123sing!** will go to a charity called the Classic FM Foundation, who help these children to have better lives through Nordoff Robbins Music Therapy.
- Sometimes children are born with or develop health problems that mean they do not start to make sounds, talk or walk like other babies. Making music with these children can help them to learn to make sounds and eventually talk / communicate and even to walk. If you are sick, making music can give you more confidence, make you feel happier and more relaxed and help you to share your thoughts, feelings and emotions.
- Share Joshua's story: a little boy called Joshua was born with problems with his heart, bones, joints and muscles. When Joshua was 16 months old, he was still the size of a 3 month old baby. He couldn't roll over or crawl. He made very few sounds and had never laughed properly or screamed. Before he started Nordoff Robbins Music Therapy he could only make a few gurgling and cooing sounds. Now Joshua has started to 'talk'. He can say 'mama', 'dada', 'baba', 'gaga', as well as a whole range of new noises. Nordoff Robbins Music Therapy has given Joshua a voice.

Sing out proud!

- Sing *Ain't no mountain high enough* or *Life is what you make it*. Get the children to draw themselves in the future: at the end of Year 6, end of Year 11, aged 18, etc. Discuss what the children hope will be their future strengths or achievements - explain that these are their aspirations or ambitions.

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- *Good to be me*
- *Ain't no mountain high enough*
- *I like me*
- *Life is what you make it*

Other songs in the Sing Up Song Bank include:

- *H.E.L.L.O.*
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