



15 mins

Objective and Musical Focus

Developing a sense of pulse; Regulating movement to reflect the pulse; Differentiating between high and low sounds

Instruments?

Yes – pitched instruments

Accessibility

Suitable for Vision, Motor, Hearing and Cognitive impairments with minor adaptation.

1. Song: *Take You Home*

Moving to the pulse

Using the *Play It!* interactive tool on the Bring the Noise website, listen to the song ‘*Take You Home*’.

This song lends itself to a parachute activity for Early Years’ learners. The gentle, relatively slow pulse creates a leisurely up and down feel that evokes the waves, or the swell of the sea. Most of the movements happen over four counts. Try to ensure that the children regulate their movements to reflect the pulse - to begin with, it may be difficult for some children to adequately ‘slow down’ to this gentle tempo.

If you don’t have a parachute, you can do this activity by just holding hands and raising and lowering your arms in a circle. Alternatively, you could use scarves or ribbons if you have some to hand.

In preparation for the activity, stand the children in a circle, taking hold of the parachute. Then listen to the song and copy the following movements.

Lyrics	Movements
	Stand still, holding the parachute and listening carefully for the vocal to start
There’s music in your ears	Gently raise the parachute, or your arms, up
wherever you shall go	... and bring it/them down
The crashing of the waves	... and up
on the seashore	... and down
There’s music in your ears	... and up
wherever you shall go	... and down
Listen to the beat of your heart	... and up
it’ll take you	... and down
Home	Take four small steps in towards the centre
Home	... and out
Home	... and in
	... and out





Play the song *Take You Home* using the *Play It!* interactive tool on the [Bring the Noise website](#).

All around the world, hear the clashing of the drums Ready for the show, the trumpets they become	Walk around the circle in one direction
Alive in the moment, captured in a song Oh what a time to be alive, everybody we are one	Turn and walk in the opposite direction
If you're somebody who loves then you're somebody my friend Oh won't you sing it again	Stand still, holding the parachute with straight arms down towards the floor Sing to each other
There's music in your ears	Gently raise the parachute, or your arms, up
wherever you shall go	... and bring it/them down
The crashing of the waves	... and up
on the seashore	... and down
There's music in your ears	... and up
wherever you shall go	... and down
Listen to the beat of your heart	.. and up
it'll take you	... and down
Home	Take four small steps in towards the centre
Home	... and out
Home	... and in
It'll take you	... and out
Home	... and in
Home	... and out
Home	...and in
Home	... and out and sit very quickly and fold your arms as the song ends

It is important to add this final instruction as you don't want to lose the calming effect of the song immediately after it has finished. By sitting with arms folded, you have the opportunity to whisk the parachute away and move onto another activity before the atmosphere is lost.



15-45 mins

2. Song: *Take You Home*

Pitch: high and low game

Quite often, within Early Years' teaching, 'high' and 'low' is used interchangeably with the words 'up' and 'down'. It is important, at this stage, that we refer to pitch in terms of 'high' and 'low'. This helps at a future stage in the children's musical development where they will need to be able to describe pitches as being 'higher or lower' than each other.

You will need:

- A hoop for each child
- Three pitched instruments - one with a high pitch, one with a low pitch and one with a middle-pitch. It is better to use the same instrument, or type of instrument, for each pitch. A piano, keyboard, chime bars, glockenspiel, or xylophone would work well.

Step 1:

First of all, you need to introduce the concept 'high' and 'low'. You could do this rhythmically with the following suggestion:

**“Let’s reach up high and touch the sky,
Now bend down low, how far can you go?
Let’s reach up high and touch the sky
Now bend down low, and stop!”**

Repeat this a few times in a variety of ways - fast, slow, loudly, quietly, with squeaky, high voices for lines 1 & 3 and deep low voices for lines 2 & 4.

At some point, start to play the two pitched instruments, playing the high pitch for lines 1 & 3 and the low pitch for lines 2 & 4.



Check out more SEND activities on our [Bring the Noise website](#).

Take You Home song structure

1. Introduction – 4 bars
2. Verse – 8 bars
3. Chorus – 4 bars
4. Verse – 8 bars
5. Pre-chorus – 4 bars
6. Verse – 8 bars
7. Chorus – 8 bars



Step 2:

Ask the children to sit down now and listen to you play the two pitches. Which one is high and which one is low?

Play the sounds randomly, and ask the children to raise their hands when they hear the high pitch and put them in their laps/on the floor for the low pitch. You could invite a child to play the instruments and see how their friends react to their playing.

Now give each child a hoop and explain to them that this is their boat. They need to sit inside it carefully.

Use the following verse to reinforce the idea of high and low pitches. You can play along using the two pitches. (If you would like to sing, rather than chant, see the suggested simple melody-line included on the webpage). Sitting in the hoop, the children can grasp it with both hands and raise it up high above their heads, and then bring it back low to the ground.

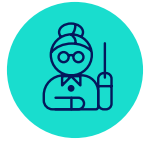
**“High and low our boat bobs along
As we’re heading back to the sea-shore
High and low our boat bobs along
As we’re hoping to sail once more.”**

Repeat this as necessary for the group to understand the actions. Use a variety of ways - fast, slow, loud, quiet etc.

Step 3:

Now to introduce the middle-pitch. The children need to let go of their hoops and take up their imaginary oars. They are going to row in time to the pulse of the following rhyme (and wave at their friends when directed).

As they do this, play the middle-sounding pitch. (There is a suggested melody-line included on the webpage if you would prefer to sing. It is based around a middle pitch, so you can play along with it in the same way as if you were reciting the verse).



**“We row and row and row some more
and wave as we pass our friends
we row and row and row some more
until our journey ends”**

Tip: It’s up to you how creative and imaginative you want to be here. You could intersperse the rowing with a storyline: “Oh no! our journey hasn’t ended yet because we’ve got to row past those icebergs/fishes/mermaids/pirates etc.”

Repeat this rhyme as many times as you wish. Always playing the middle pitch to accompany the actions.

Step 4:

Now combine the two rhymes, playing along with the three pitches.

Gradually phase out the vocalising and see if the children can follow the musical instructions they are given through the 3 pitches:

High = raise the hoop up

Low = put the hoop down

Middle = start rowing

This can become a creative, imaginative activity where the children can devise their own storyline to go with the musical actions.

You can even introduce more pitches if you think the children can accommodate them (e.g. a very low sound for a whale swimming past etc).

A stormy sea will need fast up and down and energetic rowing, whereas a calm sea will require slower actions, with maybe even the opportunity to stop rowing and do a spot of fishing, before allowing the music to eventually *Take You Home!*