



# 1. Warm up Activity

## Dreamy Movement



5–10 mins

### Objective and musical focus

Exploring untuned percussion; Listening and following instructions; Moving to music.

### Instruments

Hanging chimes;  
Maracas; Snare drum;  
Bells; Ribbon streamers on sticks

### Accessibility

This lesson plan is suitable for students with learning difficulties or motor difficulties.

### Visual aids and other resources

Pictures of musical instruments listed above.

### Space required

A school hall or a large room is needed.



10–15 mins

In a large room or school hall, let the pupils find a space for themselves, with teaching assistants to support those with mobility difficulties. Find and play a song that's about dreams or sleep and allow pupils to move freely around the hall.

When the song ends, bring pupils to the front of the hall and lead pupils in singing some familiar songs that have a 'flowing' style. For example, *Row, Row, Row Your Boat*

As the pupils sing the songs, encourage pupils to move from side to side, and forwards and backwards, in time to the music.

## 2. Song: *Dream On*

Explain to pupils that they are going to listen to a song about dreams. Explain that dreams are stories and images that our minds create while we sleep.

Use the Bring the Noise: Play It! interactive tool to play *Dream On*. After the song is played, give each pupil a ribbon streamer. Play the song again and ask pupils to move the streamers around them.

*Dream On* uses a variety of percussion instruments and the pupils will be using their own percussion instruments in this activity plan. Show and play the percussion instruments to be used in the performance and give pupils a choice between playing an instrument, using a streamer and using symbols or pictures.

Divide pupils into two groups, one using the instruments, the other the streamers. Play the song again, but this time, those playing instruments will play during the verses, and those using the streamers will move them during the chorus. Practice this a couple of times. Allow pupils with instruments to play freely during the verses, but pause during the chorus.



## 3. Performance

### Playing and Moving



10 mins

Seat the pupils playing instruments in two lines, one behind the other, with space in between them, in a zig zag formation.



Play *Dream On* again and encourage pupils with streamers to move or 'flow' in and out of the musicians, as if they were creating a dream.

Remember to tell the pupils with streamers to move in the chorus only.

Teaching Assistants can support pupils to move in and out of the chairs.

## 4. End of lesson



5–10 mins

Give all pupils a ribbon streamer. Replay the song you used during the warm up activity and encourage free movement around the hall.



### Extension Activities

Using symbols to show different types of emotions or feelings such as happy, angry or sad and encourage pupils to think about the sounds of different percussion instruments and which ones best match the emotion or feeling.

