



5–10 mins

Objective and musical focus

Moving to music;
Listening and following instructions.

Instruments

No.

Accessibility

Suitable for pupils with mild and severe learning difficulties and mobility difficulties.

Visual aids and other resources

A large parachute, coloured t-shirts and small coloured umbrellas.

Space required

A school hall or a large room is needed.

1. Warm up Activity

Parachute Party

You will need a parachute for this activity. Sit your pupils on the floor around the parachute.

Guide the pupils to move the parachute in a variety of ways under your instruction. For example, holding their edge of the parachute and raising and lowering it at the same time, shaking and moving the parachute from side to side.

Lead the class in some ‘parachute songs’ – simple songs or rhymes that you know that can match up well to moving the parachute. Don’t worry about being an expert singer, just encourage the pupils to follow your lead. For example, lifting and lowering the parachute while singing *Let’s Go Fly a Kite* and *I Can Sing a Rainbow*.

Teaching Assistants should support pupils to move the parachute.





10-15 mins

2. Listen to the music

Explain to pupils that they are going to listen to a song about friends and the importance of working together. Just like in the warm up activity, everyone needs to work together to make the parachute move.

You can demonstrate this by inviting only one or two pupils to move the parachute by themselves.



You can find the song and lyrics for *Golden* on the Bring the Noise website.

- Play the song a couple of times to the pupils and encourage them to sing along.
- Ask the pupils to stand and start to move the parachute up and down in time to the music.
- As the 'La, la' section starts, pupils will move round in a circle, with the parachute.
- As the 'Oooh, oooh' section starts, pupils will move together towards the centre, and then out again.
- Pupils in wheelchairs, or with mobility difficulties, should be supported to use coloured umbrellas, whilst seated. They can move them from side to side, twirl them around, and open and close them.

3. Main Activity

Performance

For this activity, you'll need a number of t-shirts in a variety of colours. Let pupils choose their coloured t-shirt to wear. Badges or hats also work for this exercise.

- Split the pupils into two groups - though not necessarily by the colour of shirt they're wearing.
- Pupils in Group 1 will hold the parachute and stand in a circle in the middle of the hall.
- Pupils in group 2 use umbrellas and stand or sit on either side of the circle of the parachute holders.
- During the first part of the song, Group 1 will move the parachute up and down. Group 2 will move the open umbrellas from side to side.



10 mins



- During the 'La, la', section, Group 1 will move round in a circle, with the parachute. Group 2 twirl the umbrellas.
- During the 'Oooh, oooh' section, Group 1 will move together towards the centre, and then out again. Group 2 open and close their umbrellas.
- Continue until the end of the song.

The performance should show colours moving around, up and down and in and out.



5-10 mins

4. End of lesson

Discuss with pupils how important it was to work together to create a colourful performance

Play a colour game, based on the colour of their t-shirts.

- Divide pupils into two groups. Groups stand on opposite sides of the hall. Teacher calls out different colours.
- When a colour is named, pupils wearing that colour will move across to the other side of the hall.
- Teaching assistants to support those with mobility difficulties



Pupils may want to continue to use the parachute to play additional games, for example, 'Duck, Duck, Goose.'