

# Wiggle Waggle



### Age 3 - 5

### Podcasts:

These programmes are available to download as podcasts for **60 days** following transmission. Further information at the Podcasts page of the website:

www.bbc.co.uk/learning/schoolradio/podcasts

Refer to the transmission dates to find out when programmes are available as podcasts.

#### Audio on demand:

The programmes are also available for 5 years following transmission as audio on demand from the BBC website. Go to this link:

www.bbc.co.uk/programmes/p02frg3t

These Teacher's Notes are primarily intended for print. The content - with additional features - can also be found on the BBC website. Go to:

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## Wiggle Waggle

### Spring 2015

These programmes are available as audio on demand from the School Radio website. Refer to dates below to find out when each one is available.

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### Introduction

*Wiggle Waggle* is a movement and literacy series which accompanies *Listen and Play* and prepares for other School Radio movement series including *Let's Move* and *Time to Move*.

#### Aims

The key aim of the series is to provide a resource which will help to fulfil learning objectives of the Early Years Foundation Stage of the National Curriculum - and, in particular, to foster:

- · Personal, social and emotional development
- · Communication, language and literacy skills
- · Physical development

These three key objectives are interwoven in a resource which offers children opportunities to take part in and learn a wide variety of songs, specially-written stories and other material together. The listening experience is accompanied by frequent movement opportunities which serve to develop both fine and gross motor skills while underpinning literacy by encouraging children to link movement with sound and words. By learning simple co-ordination of their bodies, speaking and memorising rhyme and keeping in rhythm to a steady beat children can be actively engaged in developing their literacy skills.

#### Structure

Each programme follows the same basic format. It starts and ends with the 'Wiggle Waggle' song. Encourage your group to learn the words and the actions associated with it:

Wiggle waggle up Wiggle waggle down Wiggle waggle Wiggle waggle When you hear the sound.

*Wiggle waggle clap Wiggle waggle stamp Wiggle waggle Wiggle waggle Wiggle all around!* 

Wiggle waggle skip Wiggle waggle hop Wiggle waggle Wiggle waggle Wiggle waggle stop!

The first section of the programme is a specific movement sequence in three parts. Each programme is based on a theme and the movement element is linked to that theme. The children should be encouraged to listen very carefully, moving in time to the music.







There are two well-known, traditional songs in each programme. These have been chosen to encourage the children to sing along and to join in with actions. The words of all the songs are included in these notes and are also available from the School Radio website in large, child-friendly lettering, enabling you to teach them to your group.

A specially-written story, about 5 minutes long, is the central part of each programme. Each story has a very simple narrative structure and is built around patterned language that children will begin to recognise and enjoy as they gain familiarity with the material.

There is a simple joining in phrase in each story (indicated in the content grids for each programmes below) and the children should be encouraged to join in with this phrase, in time with the recorded voices of the children in the programme and performing the simple movement action that accompanies it.

Many of the songs in the series are also available as video animations from the School Radio Nursery Rhymes collection. See the following link (copy and paste into your browser):

http://www.bbc.co.uk/learning/schoolradio/subjects/earlylearning/nurserysongs

#### Using 'Wiggle Waggle' downloads

Each download has four sections. The detail of these can be found in the content grid for each programme below. In summary the sections are:

Programme 1 Section 1 'Wiggle waggle' song Section 2 Song: 'We're marching in our winter boots' Section 3 Story: *Badger's snowy day adventure* Section 4 Song: 'Here we go round the mulberry bush' Programme 2 Section 1 'Wiggle Waggle' song Section 2 Song: 'If you're happy and you know it' Section 3 Story: Prince Vince, the right royal pickle Section 4 Song: 'Clap, clap hands 1, 2, 3' Programme 3 Section 1 'Wiggle Waggle' song Section 2 Song: 'The Grand old Duke of York' Section 3 Story: The fabadabba funfair Section 4 Song: 'Yellow Bird' Programme 4 Section 1 'Wiggle Waggle' song Section 2 Song: 'One finger, one thumb' Section 3 Story: The perfect tree Section 4 Song: 'Dance, Thumbkin, dance'



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Programme 5 Section 1 'Wiggle Waggle' song Section 2 Song: 'Hokey cokey' Section 3 Story: *Jolly Jo and the merry ferry* Section 4 Song: 'Row, row, row, your boat'

Programme 6 Section 1 'Wiggle waggle' song Section 2 Song: 'Pop goes the weasel' Section 3 Story: *The magic Jack-in-the-box* Section 4 Song: 'Jack-in-the-box' Programme 7 Section 1 'Wiggle Waggle' song Section 2 Song: 'There were five in the bed' Section 3 Story: *Camilla Caterpillar's big journey* Section 4 Song: 'Wind the bobbin up' Programme 8 Section 1 'Wiggle Waggle' song Section 2 Song: 'Froggie went a courtin' ' Section 3 Story: *Felix Frog makes a splash* 

Section 4 Song: 'Felix Frog'

Programme 9 Section 1 'Wiggle Waggle' song Section 2 Song: 'See saw Marjorie Daw' Section 3 Story: *Kate's awake* Section 4 Song: 'Golden slumbers'

Programme 10 Section 1 'Wiggle Waggle' song Section 2 Song: 'Ring-a-ring-a-roses' Section 3 Story: *Rosie's lighthouse* Section 4 Song: 'I'm a little lighthouse'

#### **Content grids**

Refer to the grids below to view the content of each programme in more detail.

#### Feedback

We welcome your feedback and suggestions. Please contact us at:

www.bbc.co.uk/learning/schoolradio/contactusform





### **1.** Here we go round the mulberry bush

Movement	Song 1	Story	Song 2
Movement words: Start and stop	<i>We're marching in our winter boots</i>	<i>Badger's snowy day adventure</i>	Here we go round the mulberry bush
<ul> <li>Actions: Fluttering snowflakes</li> <li>1. Standing still on the spot children make snowflake patterns through the air using their hands.</li> <li>2. Moving around in their own space, fluttering hands.</li> <li>3. Using their whole body to move around as a snowflake.</li> <li>The children should be encouraged to</li> </ul>	Encourage children to march in rhythm to the music, joining in with words too. We have suggested it's on the spot, but if you have room, march all around! Encourage the children to make a heavy plodding action, contrasting with a lighter crunchy footstep.	<ul> <li>Synopsis:</li> <li>Once upon a snowy time, badger finds a sad lost rabbit and he decides he will help her home through the deep snow.</li> <li>Joining in phrase:</li> <li>FLUTTER FLUTTER FLUTTER FLUTTER</li> <li>Children should say the words and make snowflakes with their hands.</li> </ul>	The children can dance around in their own circle, with a partner, or as a bigger group, holding hands. (1st and last verse). Encourage them to perform the actions: rubbing their hands, and stamping up and down.
listen carefully and to stop moving when the music stops.			

### Song 1: 'We're marching in our winter boots'

We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod



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We're marching on a snowy day Crunch crunch crunch We're marching on a snowy day Crunch crunch crunch We're marching on a snowy day Crunch crunch crunch We're marching on a snowy day Crunch crunch crunch

We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod We're marching in our winter boots Plod plod plod

### Song 2: Here we go round the mulberry bush

Here we go round the mullberry bush, The mulberry bush, the mulberry bush, Here we go round the mulberry bush, On a cold and frosty morning.

We rub our hands to keep us warm, Keep us warm, keep us warm,We rub our hands to keep us warm, On a cold and frosty morning.

We stamp up and down to keep us warm, Keep us warm, keep us warm, We stamp up and down to keep us warm, On a cold and frosty morning.

Here we go round the mulberry bush The mulberry bush, the mulberry bush, Here we go round the mulberry bush, On a cold and frosty morning.





### 2. If you're happy and you know it

Movement	Song 1	Story	Song 2
Movement words: Stamp and clap	If you're happy and you know it	<i>Prince Vince, the right royal pickle</i>	<i>Clap clap hands, one two three</i>
<ul> <li>Actions: Giant thunder stamps</li> <li>1. In their own space children stamp up and down on the spot to the music.</li> <li>2. Stamping more quietly as the thunder is farther away.</li> <li>3. Louder stamping, as the thunder comes nearer again.</li> <li>Encourage the children to show</li> </ul>	The children are asked to perform the actions to this well known song: clapping their hands, stamping their feet, nodding their feet, nodding their head, doing all three. The children may need a bit of practice to coordinate all the different movements. Encourage them to keep in rhythm to the music.	Synopsis: Once upon a royal time, a rather naughty Prince plays a trick on his servants. But when a buzzy bee enters the palace, he needs to turn to his servants for their help. Joining in movement phrase: CLAP CLAP CLAP Encourage the children to clap and say the words	The children can be sitting or standing for this song. The focus should be on clapping in rhythm. You can teach this song to the children and replay the track. Clapping hands, stamping feet, clapping again.

### Song 1: If you're happy and you know it

If you're happy and you know it, clap your hands If you're happy and you know it, clap your hands If you're happy and you know it, and you really want to show it If you're happy and you know it, clap your hands.

If you're happy and you know it, stamp your feet If you're happy and you know it, stamp your feet If you're happy and you know it, and you really want to show it If you're happy and you know it, stamp your feet.





If you're happy and you know it, nod your head If you're happy and you know it, nod your head If you're happy and you know it, and you really want to show it If you're happy and you know it, nod your head.

If you're happy and you know it, do all three CLAP, CLAP, STAMP, STAMP, NOD, NOD If you're happy and you know it, do all three CLAP, CLAP, STAMP, STAMP, NOD, NOD If you're happy and you know it, and you really want to show it, If you're happy and you know it, do all three. CLAP, CLAP, STAMP, STAMP, NOD, NOD.

### Song 2: Clap clap hands

Clap clap hands One two three, Clap clap hands Clap with me. Clap clap hands One two three.

You can clap with me! Stamp stamp feet One two three Stamp stamp feet Stamp with me. Stamp stamp feet One two three.

You can stamp with me! Clap clap hands One two three, Clap clap hands Clap with me. Clap clap hands One two three. You can clap with me! You can clap with me!





### 3. The Grand Old Duke of York

Movement	Song 1	Story	Song 2
Movement words: Up and down	The Grand old Duke of York	The fabbadabba funfair	<i>Yellow Bird</i> Joining in to sing the
Action: The roller coaster ride	Marching up and down the hill in	Synopsis:	words.
1. Crouching down on the floor and standing up slowly stretching their arms up high into the air.	rhythm. Using arms and hands to show that the soldiers are UP and DOWN.	Once upon a hot sum- mer time, a cheeky yellow bird flies up and down in the for- est. One day he meets some frogs who are feeling bored and	Encourage the children to either flap their arms like wings up and down in their own space. Or they can fly all
2. Going down the track very quickly. From high back down to crouched down low position.		decides to have a funfair to entertain them.	around the room, if you have enough space.
3. Going up the track, then whizzing down the track.		UP UP UP and DOWN DOWN DOWN	
Encourage the children to follow and recognise the distinct change in the music and speed.		Encourage the children to lift their arms high in the air on 'up up up', then bring them down slowly on 'down down down'.	

### Song 1: The Grand Old Duke of York

Oh, the Grand old Duke of York He had ten thousand men He MARCHED them up to the top of the hill And he marched them down again.

CHORUS:

And when they were up they were up, And when they were down they were down And when they were only halfway up They were neither up nor down.





Oh, the Grand old Duke of York He had ten thousand men They beat their DRUMS to the top of the hill And they beat them down again.

#### CHORUS:

Oh, the Grand old Duke of York He had ten thousand men They played their PIPES to the top of the hill And they played them down again.

CHORUS:

### Song 2: Yellow Bird

Yellow bird Up high in banana tree, Yellow bird You sit all alone like me.

Did your lady friend Leave the nest again? That is very sad, Makes me feel so bad, You can fly away In the sky away, You're more lucky than me.

Yellow bird Up high in banana tree, Yellow bird You sit all alone like me.

Did your lady friend Leave the nest again? That is very sad, Makes me feel so bad, You can fly away In the sky away, You're more lucky than me. You're more lucky than me.





### 4. One finger, one thumb

Movement	Song 1	Story	Song 2
Movement words:	One finger, one thumb	The perfect tree	Dance, Thumbkin, dance
Shake and quiver	Encourage the chil- dren to listen carefully	Synopsis:	A very old traditional
Action: The tree that quivers	to the words so they know exactly how to	Once upon a forest time there is a fine	nursery song.
1. Each child becomes	move.	oak tree, which thinks itself so perfect that it	You may find it helpful to explain to the chil-
a tree. Their body is the trunk, feet are the roots, arms are the	<i>One finger one thumb One arm one leg One nod of the head</i>	won't let any of the animals live in its branches. One day it	dren beforehand which fingers they should use for the song.
branches, fingers are the leaves.	You may need to practice this song a	is visited by a magi- cal old woman, who changes everything.	Thumbkin = thumb Pointer = index
2. Shaking and quiver- ing fingers like the leaves blowing in a	few times, so that the children develop greater motor coordination.	Joining in words:	Baby = little finger
gentle breeze.	If they find it difficult,	QUIVER QUIVER SHAKE.	
3. Shaking and quiver- ing arms and hands in a stronger wind.	practice it slowly with- out the music first.	The children should quiver their hands and fingers, then shake them.	



### Song 1: One finger one thumb

One finger, one thumb, keep moving One finger, one thumb, keep moving One finger, one thumb, keep moving We'll all be merry and bright.

One finger, one thumb, one arm, keep moving One finger ,one thumb, one arm, keep moving One finger, one thumb, one arm, keep moving We'll all be merry and bright.

One finger, one thumb, one arm, one leg, keep moving One finger, one thumb, one arm, one leg, keep moving One finger, one thumb, one arm, one leg, keep moving We'll all be merry and bright.

One finger, one thumb, one arm, one leg, one nod of the head, keep moving One finger, one thumb, one arm, one leg, one nod of the head, keep moving One finger, one thumb, one arm, one leg, one nod of the head, keep moving We'll all be merry and bright.

### Song 2: Dance, Thumbkin, dance

Dance, Thumbkin, dance Dance, Thumbkin dance. Thumbkin cannot dance alone, So dance you merry fingers every one.

Dance, Thumbkin, dance Dance, Pointer, dance Dance, Pointer, dance Pointer cannot dance alone, So dance you merry fingers every one.

Dance, Pointer, dance. Dance, Baby, dance Dance, Baby, dance Baby cannot dance alone, So dance you merry fingers every one. Dance, Baby, dance!





### 5. Hokey cokey

Movement	Song 1	Story	Song 2
Movement words: Forward and back	<i>Hokey cokey</i> This version of the	Jolly Jo and the merry ferry	Row, row, row, your boat
<ul> <li>Action: Rowing a boat</li> <li>1. Sitting on the floor rowing forward and back to the rhythm of the music.</li> <li>2. Repeating the sequence keeping in rhythm, but rowing a bit faster.</li> </ul>	song is not too fast to enable the chil- dren to coordinate more easily. One hand in, one hand out. One foot in, one foot out. Whole self in, whole self out.	Synopsis: Once upon a river time Jolly Jo ziggles and zaggles her ferry across the water, narrowly avoid- ing the ducks! Her big moment arrives when the King ap- pears and wants her to row him across to	This is a very slow gentle version of the song. Encourage the children to sing along, gently rocking forward and back on their lazyrowing boat ride. See if they can learn to predict the croco-
3. Sequence one last time, faster still. The focus should be on a distinct forward and backward motion, keeping in time with the music through- out.	You may like to practice some of these movements with your group before trying the song, particularly if the children are unfamiliar with the Hokey cokey.	buy an ice lolly. Joining in move- ment phrase: FORWARD AND BACK, FORWARD AND BACK, FORWARD AND BACK.	dile after hearing it more than once. Encourage them to listen to the change in the music which hints at its coming.
		The children should pretend to hold a pair of oars and row with Jolly Jo.	

### Song 1: The Hokey cokey

You put ONE HAND in You put one hand out In out, in out, shake it all about You do the hokey cokey And you turn around That's what it's all about.



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CHORUS Oh oh the hokey cokey Oh oh the hokey cokey Oh oh the hokey cokey Knees bend, arm stretch rah rah rah.

You put ONE FOOT in You put one foot out In out, in out, shake it all about You do the hokey cokey And you turn around That's what it's all about.

#### CHORUS

You put your WHOLE SELF in You put your whole self out In out, in out, shake it all about, You do the hokey cokey And you turn around That's what it's all about!

#### CHORUS

### Song 2: Row, row, row, your boat

Row, row, row, your boat Gently down the stream, Merrily, merrily, merrily, merrily Life is but a dream.

Row, row, row, your boat Gently down the stream, Merrily, merrily, merrily, merrily Life is but a dream.

Row, row, row, your boat Gently down the stream, Merrily, merrily, merrily, merrily Life is but a dream.

Row, row, row, your boat Gently down the stream, If you see a crocodile Don't forget to scream...agh!





### 6. Pop goes the weasel

Movement	Song 1	Story	Song 2
Movement words: Jump and stretch	Pop goes the weasel	<i>The magic Jack-in- the-box</i>	Jack-in-the-box
Action: Pop goes the toaster! Crouching down low to the floor, wait-	The children are asked to listen out for the word POP in the song and to jump up high when they hear it.	Synopsis: Once upon a toy mak- ing time, Hedgehog Roy makes a magi- cal Jack-in-the-box.	The song has sev- eral different ac- tions within it. Practice the ac- tions with the chil-
ing for the popping sound, then jump- ing and stretching high.	Play the song several times, teaching the children the words to each verse and then sing it all together as	When three squirrels come into his shop, he shows the honey coated acorn to them. But one of the squir-	dren before trying it out: Jumps up like this – jump up.
This sequence is repeated three times.	a group.	rels is rather greedy which has disastrous consequences.	Waggles his head - nod or waggle head
The children should be encouraged to keep listening care-		Joining in phrase:	<i>Press him down –</i> crouch down <i>Jumps up -</i> jump
fully, anticipating the pop by listening		BOING BOING BOING	
out for the change in the music.		The children should stretch their arms above their head,	
Ask them to hold their stretched up high positions, then to relax.		then swing them down again, emulat- ing the rhythm of the words.	



### Song 1: Pop goes the weasel

Half-a-pound of tuppenny rice, Half a pound of treacle, That's the way the way the money goes, POP goes the weasel!

A penny for a spool of thread, A penny for a needle, That's the way the money goes, POP goes the weasel!

Round and round the chestnut tree, The badger chased the weasel, They ran and ran and had great fun, POP goes the weasel!

Up and down the city road, In and out the steeple, Round the town and back again, POP goes the weasel!

Half a pound of tuppenny rice, Half a pound of treacle, That's the way the way the money goes, POP goes the weasel!

### Song 2: Jack-in-the-box

Jack-in-the-box jumps up like this, He makes me laugh when he waggles his head, I gently press him down again, But Jack-in-the-box jumps up instead.

Jack-in-the-box jumps up like this, He makes me laugh when he waggles his head, I gently press him down again, But Jack in the box jumps up instead.

Jack-in-the-box jumps up like this, He makes me laugh when he waggles his head, I gently press him down again, But Jack-in-the-box jumps up instead.





### 7. Five in the bed

Movement	Song 1	Story	Song 2
Movement words: Wriggle and roll	There were five in the bed	<i>Camilla Caterpillar's big journey</i>	Wind the bobbin up The action is roll-
Action: Road mending 1. The children	The children join in and sing along per- forming the rolling ac- tion with their arms.	Synopsis: Once upon a wriggly time, Camilla tries	ing one arm over the other for the thread being wound on a bob-
a road. Using one arm rolling over the	Again, if space permits you can allow them to	to wriggle and wrig- gle up to the top of the highest tree in the forest because	bin.
other, they roll the road.	roll their whole body over with the words: <i>Roll over, roll over</i>	she wants to see the whole wide world. Unfortunately she	If you're able you could bring differ- ent types of bobbin and thread to show
<ol> <li>Repeating arm movement but walking forward.</li> </ol>	You could allow chil- dren to roll over in small groups, as in the	keeps falling down, but one day some- thing strange happens and she changes into	the children, to re- inforce the mean- ing of the song.
3. Lying down on the floor and rolling their whole bodies	song: 5 together then 4, etc. Can they learn to <i>all roll over</i> as one	a beautiful butterfly.	
over slowly with the music.	big group by listening carefully?	WRIGGLE WRIGGLE WRIGGLE	
If you want to adapt this sequence and you have room, the children can lie down to begin with and do all the roll- ing actions with		The children should wriggle their fingers like a caterpillar and say the words too.	
their whole body.			



### Song 1: There were five in the bed

There were **five** in the bed And the little one said, 'Roll over! Roll over!' So they all rolled over and one fell out... There were **four** in the bed And the little one said, 'Roll over! Roll over!' So they all rolled over and one fell out... There were **three** in the bed And the little one said, 'Roll over! Roll over!' So they all rolled over and one fell out... There were **two** in the bed And the little one said, 'Roll over! Roll over!' So they all rolled over and one fell out... There was **one** in the bed And the little one said, 'Good night!'

### Song 2: Wind the bobbin up

Wind the bobbin up, Wind the bobbin up, Pull, pull, clap, clap, clap. Wind the bobbin up, Wind the bobbin up, Pull, pull, clap, clap, clap. Point to the ceiling, Point to the floor, Point to the window, Point to the door. Clap your hands together now One, two, three. Slap your hands upon your knee. Wind the bobbin up, Wind the bobbin up, Pull, pull, clap, clap, clap. Wind the bobbin up, Wind the bobbin up, Pull, pull, clap, clap, clap.

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### 8. Froggie went a-courtin'

Movement	Song 1	Story	Song 2
<ul> <li>Movement words: Hop and skip</li> <li>Action: Frog jumps</li> <li>1. Hopping up and down on the spot like a small frog.</li> <li>2. Making bigger hops for a big frog.</li> <li>3. Hopping around the space like a bouncy frog.</li> <li>Encourage the chil- dren to show the difference between the quality of their jumps for each type of frog.</li> </ul>	<ul> <li>Froggie went a-courtin'</li> <li>The children are asked to join in with the repeating refrain:</li> <li>A-hum, a-hum a-hum a-hum.</li> <li>Take time to teach the children the words (you can print them off from the website in big lettering). You could make up some of your own actions to the song too.</li> <li>Or ask the children to act it out: galloping along on a horse, knocking at the door, riding along as a pair. One being Froggie and one being Mousie.</li> </ul>	<ul> <li>Felix Frog makes a splash</li> <li>Synopsis:</li> <li>Once upon a lily pad time there is a frog who is frightened of water. One day he overcomes his fear by rescuing one of his baby frog friends!</li> <li>Joining in phrase:</li> <li>HOP SKIP, HOP SKIP, HOP SKIP, HOP SKIP.</li> <li>The children should use their hand to make a small frog hopping across from one knee to the other with the HOP SKIP words.</li> </ul>	<ul> <li>Felix Frog (Sung to the tune 'Skip to my Lou')</li> <li>The children are asked to hop their frogs on their knees as they did in the story.</li> <li>Teach the sim- ple words to your group and you could get them to do their bouncy hops to the song too.</li> <li>Can they show a difference in the way they jump between Felix and the baby frog?</li> </ul>



### Song 1: Froggy went a-courtin'

Froggie went a-courtin' and he did ride, a-hum, a-hum! Froggie went a-courtin' and he did ride, a-hum, a-hum! Froggie went a-courtin' and he did ride, A sword and a pistol by his side. A-hum! A-hum! A-hum!

He rode up to Miss Mousy's door, a-hum, a-hum! He rode up to Miss Mousy's door, a-hum, a-hum! He rode up to Miss Mousy's door, He'd been there many times before. A-hum! A-hum! A-hum!

Froggie went a-courtin' and he did ride, a-hum, a-hum! Froggie went a-courtin' and he did ride, a-hum, a-hum! Froggie went a-courtin' and he did ride, With Miss Mousie by his side. A-hum! A-hum! A-hum!

### Song 2: Felix Frog

(Sung to tune of 'Skip to my Lou')

Felix Frog went hoppity skip Felix Frog went hoppity skip Felix Frog went hoppity skip Over the pond and splashing!

Baby Frog went hoppity skip Baby Frog went hoppity skip Baby Frog went hoppity skip Over the pond and splashing!

All the frogs went hoppity skip All the frogs went hoppity skip All the frogs went hoppity skip Over the pond and splashing. Hoppity skip!





### 9. See saw Margery Daw

Movement	Song 1	Story	Song 2
<ul> <li>Movement words: Rock and sway</li> <li>Action: See-saw side to side</li> <li>1. The children are asked to hold their arms out like a pre- tend see-saw imag- ining a child is sit- ting on each hand. Then with the music they balance their</li> </ul>	Song 1 See saw Marjorie Daw The children should sing along, pretend- ing they're sitting on a see-saw bending their knees up and down to the rhythm of the music.	<i>Kate's awake</i> <b>Synopsis:</b> Once upon an evening time, a boy called Pete tries to watch a video with his mum. But his little baby sis- ter Kate keeps waking up and Pete has to keep popping upstairs to see what the mat- ter is.	Golden slumbers This is a lovely traditional lullaby. The children should rock a baby in their arms as they lis- ten. If you are work- ing with children still young enough to have a daytime
<ul> <li>arms up and down.</li> <li>2. Two mice are on the see-saw, so making smaller movements.</li> <li>3. Two elephants are on the see-saw, so making giant movements.</li> <li>Encourage the chil- dren to show con- trast between each one.</li> </ul>		Joining in phrase: ROCK AND SWAY, ROCK AND SWAY, ROCK AND SWAY The children should pretend they're rock- ing a baby to sleep in their arms from side to side.	sleep in nursery this would be an ideal song to use to lull them gently to sleep.
Stop the pro- gramme and play a guessing game. Ask one child to do their own type of see-saw and see if everyone can guess which one it is.			





### Rhyme

See-saw Side to side See-saw What a ride.

#### Song 1: See saw Marjorie Daw

See saw Margery Daw, Johnny shall have a new master, He shall have but a penny a day, Because he can't work any faster.

See saw Margery Daw, Johnny shall have a new master, He shall have but a penny a day, Because he can't work any faster.

See saw Margery Daw, Johnny shall have a new master, He shall have but a penny a day, Because he can't work any faster.

### Song 2: Golden Slumbers

Golden slumbers kiss your eyes, Smiles awake you, when you rise, Sleep, pretty baby, don't you cry And I will sing a lullaby. Rock you, rock you, lullaby. Time for bed and time to sleep, Dream little one in slumbers deep, Sleep, pretty baby, don't you cry And I will sing a lullaby. Rock you, rock you, lullaby.





### 10. Ring-a-ring-a-roses

Movement	Song 1	Story	Song 2
Movement words: circles and lines	<i>Ring-a-ring-a-roses</i> This is a very lyrical slow tempo version of	Rosie's lighthouse Synopsis:	<i>I'm a little light- house</i> (loosely based on `I'm a lit-
Action: the beam of a lighthouse 1. The children put their arms straight out in front, paral- lel to each other, to make the beam; then slowly walk round in their own circle to the music. 2. Repeat but turn- ing in the opposite direction. 3. As above. If you can find a picture of a light- house, it might be helpful to show that to the children before this pro-		Synopsis: Once upon a seaside time, a girl called Rosie visits her uncle Tom who is a light- house keeper. One day the lighthouse light goes out and Ro- sie's talent for circle dancing becomes very important. Joining in phrase: ROUND AND ROUND, ROUND AND ROUND, ROUND AND ROUND, ROUND AND ROUND, The children should draw a slow cir- cle with their finger through the air, fol- lowing the rhythm of the words.	
gramme. Explaining what a lighthouse is for and where you find them. You could try this with one child in the middle of a big cir- cle, being the light-			





### Song 1: Ring-a-ring-a-roses

Ring-a-ring-a-roses A pocket full of posies A-tishoo, a-tishoo We all fall down.

Fishes in the water Fishes in the sea We all jump up With a one, two, three.

Ring-a-ring-a-roses A pocket full of posies A-tishoo, a-tishoo We all fall down.

### Song 2: I'm a little lighthouse

I'm a little lighthouse Shining bright Here's my beam, here's my light. All the ship's see me, day and night. My light keeps turning Shining bright.

I'm a little lighthouse Shining bright Here's my beam, here's my light. All the ship's see me, day and night. My light keeps turning Shining bright.

I'm a little lighthouse Shining bright Here's my beam, here's my light. All the ship's see me, day and night. My light keeps turning Shining bright.

