



## SOLDIERS MARCHING TO THE BEAT

In this session children will learn rhythm, musicality and spatial awareness. They will have the opportunity to use instruments with music to produce a beat. They will explore creativity with props and listen to a wide range of music genres. There will be opportunities for children to count, talk and imagine

**INTRODUCTION** – Warmups- Use sequencing markers to encourage spatial awareness.

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|--|--|
| Teddy bear teddy bear turn around        | (Turn around)  |
| Teddy bear teddy bear touch the ground   | (touch the ground)   |
| Teddy Bear Teddy Bear Shoe your shoes    | (arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)                        |
| Teddy Bear Teddy Bear that will do       | (shake pointed finger)   |
| Teddy Bear teddy bear climb the stairs   | (pretend to climb the stairs)  |
| Teddy Bear Teddy bear say your prayers   | (hands together in prayer position)  |
| Teddy Bear Teddy Bear turn out the light | (imitate switching off the light, sound a 'click')   |
| Teddy Bear Teddy Bear Say goodnight!     | (hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump) |

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement-based activity.

House/mouse: Stretch up tall, squat small, repeat 3 times

Frog bounces: In squat position- bounce

Grow: Slowly raise to standing

Bouncy scarecrow: Arms out to side, knee bends in time with the music

Runners: Jogging on spot, knees high, the kick behind try to kick your bottoms

Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat

Windmill arms: both arms straight moving backwards and then forwards

Shrugs: Shoulder lifts, shoulder drops and one at a time

Looks: look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side

Head rolls: Slowly roll head alternate directions

**Music:** - Omni Trio- Tripping on broken beats (5)

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**ACTIVITY** – Marching Band

Props: (Hats – These can be made with coloured card approx 20 cm high, with a contrasting colour ribbon around the middle). Tap a drum to reinforce the rhythm, if you do not have a drum, use cymbals or clap hands

Demonstrate how soldiers march, you may wish to use visual aids of the Royal Guards.

Let's break down the marching:

Let's swing oppositions (alternate) arms

Now let's try raising our knees, only our knees

Let's put that together

Practise marching to the music, backs straight, knees high, march on the spot, then introduce the arms, and finally march around the room being careful to avoid each other.



Soldier Language:

Attennnnnnntion – Stop on the spot and salute  
Up, 2,3,4 – Counting and marching in time  
About turn – turn to face the opposite direction

Put all of this together to the music, with the teacher giving directions.  
Form a line along a wall or on tape and encourage marching in time while staying in line together.

### **AND MORE:**

You may wish to split the children into suitable pairs and encourage marching in time across the hall/space.

March with instruments (either pretend or real) cymbals (clash, clash), drums (Boom Boom) and trombone (parrpp puparrpp). Make the sounds and reinforce the rhythm of the music.

Use the drum to create a beat, ask the children to march along. Change the tempo, quick march, slow march. Children may beat the drums themselves while the other children march.

**Music:** - Edinburgh Tattoo Pipes and Drums, Combined bands,

### **ACTION SONGS – Reinforce the topic with action songs**

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.  
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.

The next song is great to use with a box of props and select children to dress appropriately:

O soldier, soldier, won't you marry me  
With your musket fife and drum?  
O no sweet maid I cannot marry you  
For I have no coat to put on.  
So up she went to her grandfather's chest  
And she got him a coat of the very, very best  
And the soldier put it on.

2. O soldier, soldier, won't you marry me  
With your musket fife and drum?  
O no sweet maid I cannot marry you  
For I have no hat to put on.  
So up she went to her grandfather's chest  
And she got him a hat of the very, very best  
And the soldier put it on.

3. O soldier, soldier, won't you marry me  
With your musket fife and drum?  
O no sweet maid I cannot marry you



For I have no gloves to put on.  
So up she went to her grandfather's chest  
And she got him a pair of the very, very best  
And the soldier put them on.

4. O soldier, soldier, won't you marry me  
With your musket fife and drum?  
O no sweet maid I cannot marry you  
For I have no boots to put on.  
So up she went to her grandfather's chest  
And she got him a pair of the very, very best  
And the soldier put them on.  
O soldier, soldier, won't you marry me  
With your musket fife and drum?  
O no sweet maid I cannot marry you  
For I have for I have a wife of my own.

**AND MORE:**

**Cut out and print this finger puppet. Great for fine motor control - march soldiers across the table/floor.**

