

1



Listen and watch this body beat video:

<https://www.youtube.com/watch?v=sb-2VsE2y-U>

2



Try this body beat:

<https://www.youtube.com/watch?v=QOh1P1ZcTaU>

3



Have a go at learning the song of the week:

<https://www.singup.org/singupathome/song-of-the-week>

