

# 'Music on the Menu'

Hello schools, parents and carers

During these challenging times, West Sussex Music will be sending you weekly updates of ideas about how to include and enjoy high quality music experiences with your children each day. These ideas are suitable for both school and home settings, so you might like to pass the information on to your parents and carers too.



## LISTENING

Why not start the day by listening to beautiful music?  
Here is a piece of classical music that will help to calm and focus the mind.

### 'On the nature of daylight'

(Composer: Max Richter)

<https://www.youtube.com/watch?v=rVN1B-tUpgs>



## SINGING

For a great selection of pulse & rhythm and pitch & singing activities, please visit <http://www.westsussexmusic.co.uk>.

- Click on Staff Zone
- Click on School Zone
- Username: Schools
- Password: SchoolsAccess1
- Go to 'Pulse and Rhythm' folder
- Go to 'Pitch and Singing' folder

- 1) **Sing Up** now has a Home Schooling Area for ages 4 – 16 years and has a selection of downloadable songs, exercises and videos to keep young people learning. Check it out at <http://bit.ly/SUhome-school>.

My recommendations for this week are:

- **Shake My Sillies Out** – a fun warm up/action song  
<https://www.singup.org/home-schooling/eyfs-ks1/warm-ups-and-songs>
  - **Hey Mr Miller** – a jazzy song about Alton Glenn Miller, a well-known American musician, and his swing band. This song can be sung in unison, or as a round and lends itself to actions! (Includes signing.)  
<https://www.singup.org/home-schooling/sign-language-and-makaton-videos>
- 2) **Become a Sing Up Friend:** Complete the registration form to create a FREE Sing Up Friend account <https://www.singup.org/registration/join/stage-1-friend> and discover some great resources to share with your children.
  - 3) **If you are already a Sing Up member**, you can visit <https://www.singup.org/home-schooling> for ideas, but here are our recommendations of great warm ups/songs to learn together this week:

- **Rubber Chicken** <https://www.singup.org/song-bank/song/1075-rubber-chicken/>

A fun and energising physical counting warm-up!

- **H.E.L.L.O.** <https://www.singup.org/song-bank/song/164-hello/>

A great call and response chant that can be developed into an action song, part singing, rhythm games ...

- **Oleo!** <https://www.singup.org/song-bank/song/473-oleo/>

A beautiful traditional Ghanaian call and response song with a simple structure that can be layered up by adding harmonies. Very satisfying to sing!

- **Rain on the Green Grass** <https://www.singup.org/song-bank/song/412-rain-on-the-green-grass/>

A great introduction into singing rounds.



## LISTENING AND APPRAISING

You'll find a wide range of music to listen to on our website in Schools Zone/Listening.

As well as this, how about dipping into **BBC Ten Pieces**?

**Ten Pieces** aims to open up the world of classical music to 7-14 year olds across the UK and inspire them to develop their own creative responses to the music.

Free teaching resources for Ten Pieces I, II and III are all available, including new resources for Key Stage 1.

You can work with as many pieces as you like, and as Ten Pieces is a flexible project, you can use the resources to fit in with your own timetable of learning.

Suggestion: Take a look at **Short Ride in a Fast Machine**, written by American composer and conductor **John Adams** - <https://www.bbc.co.uk/teach/ten-pieces/KS2-3/zkthsrtd>



There are lots of interesting activities to accompany this piece on the website, including ideas about how to get creative and compose your own music!

Perhaps you can find other music by this composer to compare and even similar types of music by other composers.



Changing lives through music