

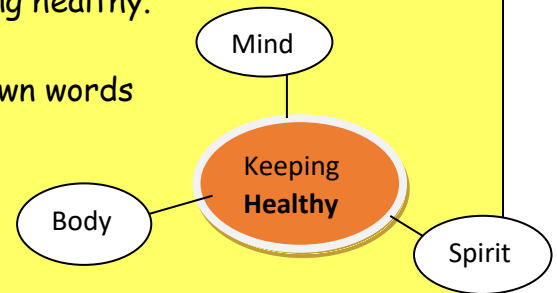


Making Music at Home-KS2 -Keeping Healthy

**W
A
R
M
U
P**

Hello there! This week we are thinking about keeping healthy. What does that actually mean to you? This will mean different things to everyone. Jot down words for each section and think they mean to you.

This warm up will help warm your body up!
<https://www.youtube.com/watch?v=LhSa3pRVmvY>



**S
I
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G
I
N
G**

Our song this week is the Cup Song from the film Pitch Perfect. This is a challenge from Mrs Caswell - it will take practise to learn the pattern and the song, separately - and then put them together. A real brain teaser.

<https://vimeo.com/showcase/7070230/video/420328251>

How did you do?



The song is organised in groups of 4 beats.

Can you create your own 4 beat pattern using a cup, claps, scrapes or taps? Pick your favourite song and accompany it with your 4 beat pattern - this is called an ostinato (a repeated pattern or motif).

**A
C
T
I
V
I
T
Y**

One Direction - "Who do you share your details with?"

<https://www.youtube.com/watch?v=GHW6O3Mf0qE> - having healthy habits with screen-time is super important. Here is a song to help.

One way you can help the mind is some conscious breathing - try this with Yoga with Adrienne - this one is for all ages, so grab a friend or someone in your family and have a go.

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

Try to think about what would be some healthy routines. Can you create your own list of rules or things that would help you to be balanced and healthy.



Make a poster to help you to remember your healthy routines.

Being healthy is something we need to think about all the time and change as our bodies and our lives change. Music can be a big part of that.

Please share the music that helps you.

Bolton Music Centre is now on Instagram, Twitter and Facebook. If you share with your school, make sure you include @BoltonMusicCent and #Makingmusicathome so we can enjoy your work .

