

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-one-finger-one-thumb-keep-moving/zbtj47h>

watch a short animation of the original song here. You can also sing this song getting faster and faster. You can also add 'sit down stand up' as the final verse.

Let's Play in a Band (Tune: One finger one thumb)
Everyone has their own instrument and you will need a set of lucky dip cards with the names or pictures of your instruments on. All sing and play:

Chorus

Let's play in a band,

Let's play in a band,

Let's play in a band,

Who's going to play today?

Get a lucky dip card e.g. drums (only children with drums play, everyone else sings)

The drums are playing, (X3)

They're playing in the band.

Chorus (as before with everyone playing)

Then use the lucky dip bag again – choose two cards and two groups of instrument play together. e.g.

The drums and claves are playing, (X3)

They're playing in the band.

Repeat again with a third type of instrument, etc

If you would rather not use instruments then perform actions for 'air' instruments eg air guitar, air piano, air drums. This is where you pretend to play the different types of instrument. *Or if you are using coloured claves just one colour plays in the verse and everyone plays in the chorus*

Transition song for tidy up time
Sing to the tune of One Finger One Thumb.

It's time to tidy up now (X3)

And put the toys away.

Repeat this verse as the children tidy. Then sing:

The nursery's neat and tidy(X3)

We've put the toys away.

Add new verses to direct the children to their next session, e.g
It's time to make a line, (X3)
Standing quietly. or
Come and sit on the carpet, (X3)
Hands upon your knees

Finger Rhyme for younger children:

Tommy

Tommy

Tommy

Tommy WHOOPS

Tommy Whoops

Tommy

Tommy

Tommy

Tommy (or substitute Tommy for child's name), touch each fingertip starting with little finger and say Tommy. On Whoops slide your finger down their index finger and up to the thumb tip. Reverse the order.

EY Musical Activities

based on the song

'One Finger

One Thumb

Keep Moving.'

Finger Rhymes (for all ages)

Four little flowers hiding from the snow,

Out came the sun and one

began to grow,

Along came the wind and what

did the flower say?

"Please Mister Wind-don't blow me away!"

Children clench their fist to hide their 4 fingers (flowers), gradually the fingers come out and at the end they blow on their fingers for the wind. You can even wag a finger and look cross as you tell Mr Wind off! You can substitute 'flowers' for a particular type of flower eg 4 sunflowers were hiding from the snow. For younger children you can have them curled up on the floor rather than using their hands. When you say grow they stand up.

Transition Song

Tune: Frère Jacques

Are you ready? Are you ready?

For your break. For your break.

Show me that you're ready.

Show me that you're ready.

Quiet and still. Quiet and still.

Action Song

This song involves the children performing energetic actions as well as learning/reinforcing action verbs. The children can suggest the next action, or verbs/words that you want them to learn could be written on card and then a child could choose the next one by selecting a card. It also maintains social distancing too.

I can JUMP on my spot

I can JUMP on my spot

I can JUMP on my spot

Now it's time to MARCH.

I can MARCH on my spot x3

Now it's time to HOP

I can HOP on my spot x3

Now it's time to WIGGLE.

Older pupils could independently choose their own actions, decide on the order, write them down then and then practise singing their own version of the song.

Shaker Song: (tune: One Finger)

Singing: I can play my shaker

I can play my shaker

I can play my shaker

Until its time to STOP or (FREEZE)

Speaking: **1.... 2.... 3.....GO!**

Children have to wait until you say GO.

If you count slowly that could be a signal for them to play slowly, if you count fast that could be a signal for them to play fast.

Swapping between a speaking and a singing voice is good practise for controlling the voice.

You could ask a child to do the counting and then everyone could copy how they are playing their shaker.

Older children could suggest how to play the shaker next time eg tap, wave or change the words to "I can shake like this x3 until its time to STOP."

Listen and move

<https://www.classical100.org/> Click on the link above and dance with your fingers and thumbs to **Faure's Pavan**, then tiptoe around the room or outside area to the same music. March around in time to the loud parts of **March of the Toreadors by Bizet**. Tiptoe when the music is quiet.