

Foundation PE (Reception) - Action Songs

Home Learning Challenge Sheet

At school we are learning to dance and move to action songs well. The following activities will help us to improve.

Activities to Support Learning

If You're Happy and You Know It

Make your own actions up for the song 'If You're Happy and You Know It.' Who can make up the most interesting actions? Take it in turns with a friend to think up different actions.

Can you...?

Have fun making up your own action song. Instead of saying 'clap your hands', can you think of your own actions to this simple rhyme: 'Can you clap your hands, clap your hands, clap your hands? Can you clap your hands on this lovely day?' (Sing to the tune of Mary Had a Little Lamb.)

Heads, Shoulders, Knees, and Toes

Sing the song 'Heads, Shoulders, Knees and Toes'. Keep repeating the rhymes but miss out the word to one body part each time you repeat a verse. Make sure you do the action but don't say the words e.g. *Blank* (touch head), shoulders, knees and toes, knees and toes; *Blank* (touch head), shoulders, knees and toes, knees and toes and eyes and ears and mouth and nose; *Blank*, shoulders knees and toes, knees and toes. Keep repeating this until you are not saying any words, just doing the actions.

Guess What Mood I'm In?

Sing your favourite action rhyme. You could teach it to a friend. Perform your action song in different moods e.g. happy, sad, angry or excited. Can your friend guess what mood you are in?

How to move to the Action Songs:

1. Learn the words to the song/rhyme.
2. Learn the actions to the song/rhyme.
3. Make sure your words and actions match.
4. Be confident when performing your action song/rhyme.
5. Enjoy performing your action song or rhyme.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your performance skills!



Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes,
Knees and toes.

Head, shoulders, knees and toes,
Knees and toes.

And eyes, and ears, and mouth,
And nose.

Head, shoulders, knees and toes,
Knees and toes.

