

## General Covid Advice:

### No Loud singing indoors, or chanting:

- If allowed, sing or chant quietly.
- Sing or chant outdoors,
- Lip-synch or mime along with songs.
- Replace words or vocal sounds (eg Animal Noises) with **gestures**- eg agree and use a 'Woo' gesture.

### Social Distancing between children:

- If you have a large space and a smaller class, **sit in a large circle with everyone 2m apart**.
- **Or work seated at desks or tables.** Ask children to turn seats round to face the front.
- When '**Going round the Class**' eg Clap/Play in a circle, establish a sequence for each table, and a sequence of table, so everyone know the order in which they should play. This may take repeated practice.

### No Movement:

- **Work seated at desks or tables.** Ask children to turn seats round to face the front.
- For movement activities, **perform sitting on chairs or standing next to the desk**.
- Perform **movements standing on the spot**- eg Walk on the spot.
- **Use finger, hand or arm dancing.**
- Instead of walking on icons, stick icons on the board and ask children to 'walk on' them with their fingers.

### No shared instruments:

- **Use body percussion instead-** agree a sound on the body for each percussion sound. Choose from Clap, Stomp, Head (Hit Head), Chest, Tummy, Legs, Knees, Brush (brush hands together)...
- **Use the Tin-Can Drum Kit-** go here for instructions.
- **Use virtual instruments for some or all of the class-** go here for more info.
- **Play on the table-top** with palms, fingers or knuckles...

# P1 COVID Advice By Activity

## P1

Homework

Restriction- Traffic Lights

Suitable for Homework

No Loud Singing or Chanting Indoors  
Social distancing  
No moving around  
No Shared Instruments

Recommended Adjustments

Additional Notes

<b>Journey 1: Monsters &amp; Boings</b>	<a href="#">Warm Up: Monster Steps Butterfly</a>	Yes- with parents						Perform Seated or walking on the spot
	<a href="#">Boing Song 1</a>	Yes- with parents						Perform Seated or walking on the spot. Mime/Lip-synch the words 'Boing' or 'Woo' or use a 'Boing' or 'Woo' gesture.
	<a href="#">Learn to Walk</a>	Yes- with parents						Just perform actions seated or walking on the spot. Sing-along at home with family, or sing quietly if allowed.
	<a href="#">Do a Performance (Y1J1)</a>							Make a video or audio recording if possible and post on social media.
<b>Journey 2: 1,2,3 &amp; 4</b>	<a href="#">Warm Up: Boing Song - Actions</a>	Yes- with parents						Perform Seated or walking on the spot
	<a href="#">Count to Four Song</a>	Yes- with parents						Sing quietly if allowed- or mouth along and count on fingers
	<a href="#">Count to Four Song #2</a>	Yes- with parents						Sing quietly if allowed- or mouth along and count on fingers. Use Woo Gesture in verses 7 & 8- cup hands round mouth and pretend to Woo. Perform actions in chair. Throw hands in the air for 'Jump!'.
	<a href="#">Percussion on the Boing</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit						Perform seated at desks if required, or sit in a large circle if you have the space/. Use Body Percussion or the Tin Can Drum Kit
	<a href="#">Count to Four Song #2 - Percussion</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit						Sing quietly if allowed- or lip-synch/mime and count on fingers. Then use Body Percussion or the Tin Can Drum Kit
	<a href="#">Count to Four Song #3</a>	Yes- with parents						Sing quietly if allowed- or mouth along and count on fingers. Use Woo Gesture in verses 7 & 8- cup hands round mouth and pretend to Woo. Perform actions in chair. Throw hands in the air for 'Jump!'.
	<a href="#">Count to Four Song #3- Percussion</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit						Sing quietly if allowed- or lip-synch/mime and count on fingers. Then use Body Percussion or the Tin Can Drum Kit.
	<a href="#">Left-Hand Right-Hand Song</a>	Yes- with parents						Perform Seated. For 'turn around', circle/rotate head- look left, look up, look right, look down...
	<a href="#">Count to Four Interactive</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit						Sing quietly if allowed- or mouth along and count on fingers. Agree and Use Woo Gesture in verses 7 & 8. Perform actions in chair. Throw hands in the air for 'Jump!'. If you use 'Play' use body percussion. If you compose with different percussion sounds (eg Shake/Tap/Ting/Scrape/Boom)- use the Tin Can Drum Kit.
	<a href="#">Do a Performance (Y1J2)</a>							Make a video or audio recording if possible and post on social media.
<b>Journey 3: Parrots &amp; Points</b>	<a href="#">Warm Up: Count to Four Song #3</a>	Yes- with parents						Sing quietly if allowed- or mouth along and count on fingers. Agree on and use Woo Gesture in verses 7 & 8. Perform actions in chair. Throw hands in the air for 'Jump!'.
	<a href="#">Warm Up: Clap/Play in a Circle</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit						Sit in a large circle if you have the space. Perform sitting at desks- first agree and practice direction of travel for each table and sequence of tables. For 'Play' use body percussion or Tin-Can Drumkits.
	<a href="#">The Shh/ Noise Game</a>	Yes- with parents						Sit in large circle if you have space . or Perform in seats if required. Agree on and Use a gesture each for 'Woof' and 'Woo'- or Woof and Woo quietly. Use Body Percussion or Tin Can Drum Kit for 'Play'.
	<a href="#">Animal Noise 5 Circles</a>	Yes- with parents						Sit in a large circle or perform at desks. Perform Animal noises quietly if allowed. Agree on and use gestures for each animal- or say animal noises quietly. Eg Moo = Fingers as horns, Oink= twist on nose, push up nose...
	<a href="#">The Parrot Song #1</a>	Yes- with parents						Avoid vocal choices or perform quietly. Use gestures instead of words. Sit in a large circle or perform at desks.
	<a href="#">Do a Performance</a>							Make a video or audio recording if possible and post on social media.

If you want to play with the Boing- Use Body Percussion or the Tin Can Drum Kit

If you want to play with the Boing- use the Tin Can Drum Kit

Woo Gesture suggestions: i) Squash cheeks between back of hands. Waggle Hands under Chin and pretend to Woo. ii) Cup hands round mouth and pretend to Woo.

Woof Gesture- hold up paws and pant. Howl to the moon!

**Key**

	Activity can be attempted as it is.
	Activity can be attempted with some adjustments
	Activity is not feasible within restrictions.

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## P1

Homework

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Additional Notes

Journey 4: Instruments & Animals	<a href="#">Warm Up: Icons on the Floor</a>	Yes- with parents					Choose gestures for each icon, or say icon name quietly if allowed. Stick icons on the board, and ask children to led by 'walking' on icons
	<a href="#">Animal Noise Composition</a>	Yes- with parents					Say animal noises quietly if allowed. Agree and Use gestures for each animal noise. For development Idea with instruments- use body percussion or Tin Can Drum Kit- use a different sound for each animal.
	<a href="#">Let's Talk About Instruments: P1:</a>	No					Sit in a large circle or complete activity sitting at desks.
	<a href="#">Which One? &amp; Shh/Noise Game with Percussion: P1:</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit					Use Tin Can Drum Kit, or Virtual Instruments App if possible.
	<a href="#">Do a Performance (Y1J4)</a>						
Journey 5: Clap, Stomp, Jump, Woo & Numbers of Sounds	<a href="#">Warm Up: Tell the Difference - Numbers</a>	Yes- with parents					Photocopy pieces of paper with 1, 2, 3 or 4, for each child (Or ask some children to write their own numbers). Indicate answer by holding up correct number of fingers or correct piece of paper. Put hand on head
	<a href="#">The Parrot Song #2</a>	Yes- with parents					Avoid vocal choices or perform quietly. Use gestures instead of words. Sit in a large circle or perform at desks
	<a href="#">Clap Stomp Jump Woo #1</a>	Yes- with parents					Sing quietly if allowed- or mouth along and count on fingers. Use Woo Gesture in verse 4. Perform actions in chair. Throw hands in the air for 'Jump!'.
	<a href="#">Clap Stomp Jump Woo Interactive</a>	Yes- with parents					Sing quietly if allowed- or mouth along and count on fingers. Use Woo Gesture in verse 4. Perform actions in chair. Throw hands in the air for
	<a href="#">Clap Stomp Jump Woo- Percussion</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit					Sit in a large circle or perform at desks. Sing quietly if allowed- or lip-synch/mime and count on fingers. Then use Body Percussion or the Tin Can Drum Kit
	<a href="#">Clap Stomp Jump Woo- Interactive Percussion</a>	Yes- with parents and virtual Instrument App or Tin-Can Drum kit					Sit in a large circle or perform at desks. Sing quietly if allowed- or lip-synch/mime and count on fingers. Then use Body Percussion or the Tin Can Drum Kit
	<a href="#">Do a Performance (Y1J5)</a>						
Journey 6: Make Sounds With Paper	<a href="#">Warm Up - Relaxation/ Listening Paper</a>	Yes- with parents					Lie on floor 2m apart if required- or complete activity sitting at desk.
	<a href="#">Explore Materials: Paper 1</a>	Yes- with parents					Sit on floor 2m apart if required- or complete activity sitting at desk.
	<a href="#">Explore Materials 2- Paper Orchestra</a>	Yes- with parents					Sit on floor 2m apart if required- or complete activity sitting at desk.
	<a href="#">Explore Materials 3 - Paper Song</a>	Yes- with parents					Sit on floor 2m apart if required- or complete activity sitting at desk.
	<a href="#">Do a Performance (Y1J6)</a>						

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