

## Jump Up And Down

*Action Song*



Jump up and down and turn around

Jump up and down and touch the ground

Start very small then get really tall

*Crouch down then slowly stand up stretch up standing on tip toes with arms up high*

Now wave your hands around

*Wave arms up high in the sky*

*Teaching Notes: This is an easy song to get children moving.*

### **Musical Skills:**

Melody- Singing simple melody lines

### **Other Skills:**

Gross Motor Skills - Jumping, turning, crouching down, stretching up

Language skills – developing language skills

### **Extension Ideas:**

Try using with scarves, ribbon or stars. Discuss the difference in size of someone who is crouched down and someone who is standing up high on their tiptoes. Explore the concepts of small/tall and low/high.

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