

KS1 Weekly Music Menu Ideas (Autumn Term)

The idea with the weekly menu is that it gives teachers some ideas of short activities that they could do with their class each week. There are six activities per week and each one only lasts a few minutes. The idea is that in doing these activities (perhaps just one or two every day), you would be teaching roughly 45 mins – one hour or music each week. Some activities are repeated on multiple weeks, but there is no reason why you can't repeat others (or miss some out). Try them all and then see which ones you think work best!

Many of these activities have been taken from the Primary Music resource created by the Benedetti Foundation. The full resource can be found here:

[Teaching Primary Music KS1 - Age 4-7: 6 Lesson Plans and Resources for Class Teachers by Benedetti Foundation - issuu](#)

I have supplemented this resource with other activities from various other providers:

- Ex Cathedra Singing Playgrounds: [Singing Playgrounds® @home | singingplaygrounds.co.uk](#)
- NYCOS: [Ages 5-7 | NYCOS](#)
- DASP Music created resources: [KS1 Resources \(daspmusic.co.uk\)](#)

In addition, you may like to explore:

- Voices Foundation #VFintomusic on youtube: [#VFIntoMusic - YouTube](#)
- BBC Teach Bring the Noise: [Bring The Noise: Key Stage 1 music - BBC Teach](#) (Especially Yolanda Brown's Big Musical Adventure Performance)

If you want even more inspiration, please click on the links above!

About the Musical Menu

This weekly menu is not a completely progressive scheme of work – it is more of a quick and easy way to get some musical activities going in your classroom post-covid, especially for those who are less confident at doing musical activities. I hope that the personal nature of the videos means that they are engaging for the children to watch and will also **not** require you to do any preparation in advance. The videos should all run each activity themselves

without very much involvement from the class teacher. The hope would be that as you progress through the weeks, when various activities are repeated, you might start to feel confident to lead some of the activities yourself without the aid of the video (or the children could also take turns to lead!). I also hope that by watching and joining in with the videos with the children, you might start to pick up some ideas for teaching techniques which you could use in the future (e.g 'ready, off we go' etc).

Whilst it's not a completely progressive unit of work, the menu does however follow a plan whereby it moves through exploring pulse, feeling the pulse, responding to the pulse, identifying the pulse and then starting to explore rhythm. It also generally focuses on songs using limited pitch ranges, which should help the children to feel more confident at using their voices and in matching their pitches (e.g singing in tune!). It is really important that the children are encouraged to develop their sense of playing in time and singing in tune before they move onto more complex activities. Whilst the menu is there for you to mix and match, it's probably worth moving roughly through the weeks in order (although doing absolutely every activity is not necessary). Some of the activities have the option to use non-tuned percussion instruments, but most just use body percussion.

Week	Activity mainly based on pulse/rhythm				Listening/ Responding	Singing
Week 1	Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube (This is a good starter song)	Have you got your Speaking Voice? Teaching Primary Music Age 4-7 Have you got your Speaking Voice? - YouTube (A rhyme where children experiment with using their voices in different ways)	Peter taps with one hammer Teaching Primary Music Age 4-7 Peter Taps - YouTube (A song with simple pulse keeping)	Rubber Chicken Rubber Chicken - YouTube (A warm-up to wake up a class using counting with a regular pulse. When you are familiar with it, you could ask a child to lead it).	Bell horses Teaching Primary Music Age 4-7 Bell Horses - YouTube (A song which encourages children to listen and respond)	Building a machine Singing Playgrounds® @home singingplaygrounds.co.uk (scroll down the webpage to find the correct song) (A song with great sound effects)
Week 2	Hello Everyone Teaching Primary Music Age 4-7 	Have you got your Speaking Voice? Teaching Primary Music Age 4-7 Have you got	Penguins https://www.youtube.com/watch?v=poxV91nf8Dw	Copy cat Teaching Primary Music Age 4-7 	Paint Teaching Primary Music Age 4-7 Paint - YouTube	Sailor Sailor on the Sea Sailor Sailor on the Sea - YouTube

	<p>Hello Everyone - YouTube</p> <p>(This is a good starter song)</p>	<p>your Speaking Voice? - YouTube</p> <p>(A rhyme where children experiment with using their voices in different ways)</p>	<p>(A fun song to keep pulse and move in time)</p>	<p>Copycat - YouTube</p> <p>(A simple rhyme to teach keeping the pulse) Once you're familiar with it, try getting a child to lead it.</p>	<p>(a listening and responding activity to encourage response to gentle music. Try painting different things – your name, what you had for lunch etc!)</p> <p>Music on it's own here: Spiegel im Spiegel - YouTube</p>	<p>(A simple song using limited pitches – to improve accuracy of pitch)</p>
Week 3	<p>Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube</p> <p>(This is a good starter song)</p>	<p>Clap clap clap your hands https://www.youtube.com/watch?v=cL3Eq5_Si_tU&feature=emb_logo</p> <p>(Simple pitch song with actions to keep the pulse)</p>	<p>Copy cat Teaching Primary Music Age 4-7 Copycat - YouTube</p> <p>(A simple rhyme to teach keeping the pulse) Once you're familiar with it, try getting a child to lead it.</p>	<p>Chop Chop Chopitty Chop Chop chop choppity chop - YouTube</p> <p>(A more difficult rhyme with a strong steady pulse)</p>	<p>Pizzicato Teaching Primary Music Age 4-7 Pizzicato! - YouTube</p> <p>(a listening and responding activity to encourage response to different sections of music)</p>	<p>Double Double Double Double This That - Sing & Smile (Wednesday Week 3), Ages 5 to 8 - YouTube</p> <p>(A clapping song which can also be done in pairs by clapping hands together for 'this this' instead of tapping your shoulders)</p>
Week 4	<p>Hey hey look at me Hey hey look at me - YouTube</p>	<p>Penguins https://www.youtube.com/watch?v=poxV91nf8Dw</p>	<p>Feet Feet Teaching Primary Music Age 4-7 Feet, Feet - YouTube</p>	<p>Rubber Chicken Rubber Chicken - YouTube</p>	<p>Slow movements (responding to sounds) Teaching Primary Music Age 4-7 </p>	<p>Clap Clap Turnaround (look for Clap Clap Turnaround Teaching video first, then Clap Clap Turnaround)</p>

	(A simple copycat song using pulse and simple pitches)	(A fun song to keep pulse and move in time)	(A rhyme with a strong pulse to march to. Try doing this rhyme at different speeds).	(A warm-up to wake up a class using counting with a regular pulse. When you are familiar with it, you could ask a child to lead it).	Movement - YouTube	Interactive – the lady is in a pink top) Singing Playgrounds® @home singingplaygrounds.co.uk
Week 5	<p>Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube</p> <p>(This is a good starter song)</p>	<p>Have you got your Speaking Voice? Teaching Primary Music Age 4-7 Have you got your Speaking Voice? - YouTube</p> <p>(A rhyme where children experiment with using their voices in different ways)</p>	<p>Engine Engine Teaching Primary Music Age 4-7 Engine Engine - YouTube</p> <p>(A rhyme with a steady pulse. This rhyme is used for development work in the KS2 plan) Try walking to the pulse, then try clapping the rhythm of the words, finally try walking the pulse and clapping the rhythm of the words – this won't happen straight away!)</p>	<p>Chop Chop Chopitty Chop Chop chop chopitty chop - YouTube</p> <p>(A more difficult rhyme with a strong steady pulse)</p>	<p>Bell horses Teaching Primary Music Age 4-7 Bell Horses - YouTube</p> <p>(A song which encourages children to listen and respond)</p>	<p>Everybody say hi hi Singing Playgrounds® @home singingplaygrounds.co.uk</p>
Week 6	<p>Hey hey look at me Hey hey look at me - YouTube</p> <p>(A simple copycat song using pulse and simple pitches)</p>	<p>Engine Engine Teaching Primary Music Age 4-7 Engine Engine - YouTube</p> <p>(A rhyme with a steady pulse. This rhyme is used for development work in the KS2 plan)</p>	<p>Beat Detective Beat Detective - YouTube</p> <p>Watch the video to find out how to play. Play this piece of music:</p>	<p>Ickle Ockle Teaching Primary Music Age 4-7 Ickle Ockle - YouTube</p> <p>(A simple clapping song)</p>	<p>Paint Teaching Primary Music Age 4-7 Paint - YouTube</p> <p>(a listening and responding activity to</p>	<p>Chickamey Chickamey Craney Crow Chickamey, Chickamey Craney Crow - Wee Sing (Thursday Week 1) - YouTube</p>

		Try walking to the pulse, then try clapping the rhythm of the words, finally try walking the pulse and clapping the rhythm of the words – this won't happen straight away!)	Georges Bizet - "Les Toreadors" from Carmen Suite No. 1 - YouTube		encourage response to gentle music. Try painting different things – your name, what you had for lunch etc!) Music on it's own here: Spiegel im Spiegel - YouTube	(the lady uses drum sticks, if you don't have anything suitable for the children to hold, they could just tap their hands)
Week 7	Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube (This is a good starter song)	Feet Feet Teaching Primary Music Age 4-7 Feet, Feet - YouTube (A rhyme with a strong pulse to march to. Try doing this rhyme at different speeds).	Pulse is a steady beat Teaching Primary Music Age 4-7 Pulse is a Steady Beat - YouTube This rhyme introduces the concept of what a 'pulse' is.	Ickle Ockle Teaching Primary Music Age 4-7 Ickle Ockle - YouTube (A simple clapping song)	March Listen to the Radetzky March by Strauss and get the children to March in time to it. They could also do other actions in time to it. Radetzky March - Johann Strauss Sr - YouTube	We are walking in the jungle We are walking in the jungle - YouTube Ideally for this song, you would give the children some non-pitched percussion instruments for them to play along with.
Week 8	Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube (This is a good starter song)	Beat Detective Beat Detective - YouTube Watch the video to find out how to play. Play this piece of music:	Pulse is a steady beat Teaching Primary Music Age 4-7 Pulse is a Steady Beat - YouTube This rhyme introduces the concept of what a 'pulse' is.	Can you play your rhythm sticks? Can you play your rhythm sticks? - YouTube	Slowly slowly Slowly slowly - YouTube A short rhyme using the concept of tempo (fast/slow)	Shake the sillies out Shake the sillies out - YouTube A fun song to keep pulse to and also introducing the concept of high/low pitch. Ideally the children would shake

		Georges Bizet - "Les Toreadors" from Carmen Suite No. 1 - YouTube		(this song uses rhythm sticks or claves – pencils would also work!)		shakers as they sing this, although they could just shake their hands instead.
Week 9	Hey hey look at me Hey hey look at me - YouTube	Have you got your Speaking Voice? Teaching Primary Music Age 4-7 Have you got your Speaking Voice? - YouTube (A rhyme where children experiment with using their voices in different ways)	Chop Chop Chopitty Chop Chop chop chopitty chop - YouTube (A more difficult rhyme with a strong steady pulse)	Ickle Ockle Teaching Primary Music Age 4-7 Ickle Ockle - YouTube (A simple clapping song)	Slowly slowly Slowly slowly - YouTube A short rhyme using the concept of tempo (fast/slow)	Clickety Clack Clickety Clack - Wee Summer Sing (Tuesday Week 2) - YouTube (This one also uses rhythm sticks and is probably more suitable for year 1. It starts to introduce rhythm instead of just pulse). Old Brass Wagon Old Brass Wagon - Wee Summer Sing (Monday Week 2) - YouTube (This one uses body percussion to the rhythm of the words. It's quite fast and may be more suitable to year 2)
Week 10	Hello Everyone Teaching Primary Music Age 4-7 Hello Everyone - YouTube	Engine Engine Teaching Primary Music Age 4-7 Engine Engine - YouTube	Beat Detective Beat Detective - YouTube	Can you play your rhythm sticks?	March Listen to the Radetzky March by Strauss and get the children to	Adventure Song Singing Playgrounds® @home singingplaygrounds.co.uk

	<p>(This is a good starter song)</p>	<p>(A rhyme with a steady pulse. This rhyme is used for development work in the KS2 plan) Try walking to the pulse, then try clapping the rhythm of the words, finally try walking the pulse and clapping the rhythm of the words – this won't happen straight away!)</p>	<p>Watch the video to find out how to play.</p> <p>Play this piece of music: Georges Bizet - "Les Toreadors" from Carmen Suite No. 1 - YouTube</p>	<p>Can you play your rhythm sticks? - YouTube</p> <p>(this song uses rhythm sticks or claves – pencils would also work!)</p>	<p>March in time to it. They could also do other actions in time to it.</p> <p>Radetzky March - Johann Strauss Sr - YouTube</p>	
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