

Jump Up Together

Movement Song

Jump All Together is a fun, action-packed song, where the children get to take it in turns to dictate the actions of the group, whilst exploring and developing movement ideas at their own pace.

This can be played with groups of any size, as long as there is plenty of space!

Movement songs are a great way to encourage exploratory movement and promote confidence building by incorporating children's ideas into activities.

It is also an excellent opportunity to practise more advanced physical development such as balancing, speed and awareness of space in a controlled environment.

Areas of learning & development

Personal, social and emotional development:

- Self-confidence and self-awareness

Communication and language:

- Understanding
- Speaking

Resources

A large space big enough for the children to move around freely.

Song words

*Jump all together,
Jump all together,
Jump all together now.
Jump all together,
Jump all together,
Jump all together now.
Wooho! La la la la la la,
Wooho! La la la la la la.*

Audio: 2-1 Jump Up Together
Full song

How to...

1. Get the children moving! Start by suggesting a movement, for example jumping, and do it all together.
2. Sing the song as the children move. Allow them to concentrate on the actions at first, so they can process the melody.
3. As they become familiar with the melody and words, encourage them to join in by chanting "ready, steady, off we go" before starting the song.

Extension & development

1. Encourage the children to think of different ways they can move their bodies and use the space, taking turns to have their ideas heard and tried out.

Try over time to ensure that all the children volunteer examples, and spend time encouraging the quieter children to have a go too.

Audio: 2-2 Jump Up Together
Additional moves

2. Ask the children to think about their favourite animals or perhaps pets at home, and try to impersonate how they move.

You can develop this further by connecting with animals in books they are reading in nursery, and ask them to remember how they move.

For example, recall the different animals the mouse meets in *The Gruffalo* and impersonate them in the order they appear in the book.

Audio: 2-3 Jump Up Together
Animal moves

The same approach can be taken with other nursery topics, such as weather and vehicles.

Learning outcomes

Personal, social and emotional development: Self-confidence and self-awareness

Early learning goals

- 1.** Children are confident to try new activities, and say why they like some activities more than others.
- 2.** They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities.
- 3.** They say when they do or don't need help.

Activity contribution to goals

Children are encouraged to speak out about their ideas, and learn the rules gradually through repetition, trial and error.

Communication and language: Understanding

Early learning goals

- 1.** Children follow instructions involving several ideas or actions.
- 2.** They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Activity contribution to goals

The activity requires an understanding of several stages and sequences.

If an action is suggested that has already been done in that activity, they are reminded of this and asked to come up with a different idea.

They are asked to think of their favourite animal and 'how' they move.

Communication and language: Speaking

Early learning goals

1. Children express themselves effectively, showing awareness of listeners' needs.
2. They use past, present and future forms accurately when talking about events that have happened or are to happen in the future.
3. They develop their own narratives and explanations by connecting ideas or events.

Activity contribution to goals

The children are asked to form ideas for styles of movement, and voice their ideas clearly to the group.