

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...

| P3 COVID Advice By Activity | | Homework | Restriction- Traffic Lights | | | | Recommended Adjustments | Additional Notes | |
|-------------------------------------|--|--|-----------------------------|------------------|-----------------------|--|---|------------------|---|
| P3 | Suitable for Homework | No Loud Singing or Chanting Indoors | Social distancing | No moving around | No Shared Instruments | | | | |
| Journey 1: Pick a Number | Warm Up: Disco Tom | Yes- with parents | | | | | Perform walking on the spot. Mime High 5s to neighbours but don't touch each other- or agree a replacement- eg mutual point. | Key | |
| | Hide & Seek - Cat & Mouse | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sit in large circle if you have space, or take part from desks/tables if required. | | Activity can be attempted as it is. |
| | Percussion - Pick a Number 1-4 | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sit in large circle if you have space, or perform in seats if required. | | Activity can be attempted with some adjustments |
| | Playing on a Number - Percussion | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sit in large circle if you have space, or perform in seats if required. | | Activity is not feasible within restrictions. |
| | Jumble The Bars (Notes) | No | | | | | Sit in large circle if you have space, or perform in seats if required. | | |
| | Do a Performance (Y3J1) | | | | | | | | |
| Journey 2: Hide & Seek | Warm Up: Listening to Sounds | Yes- with parents | | | | | Lie on floor 2m apart if required- or complete activity sitting at desk. | | |
| | Hide & Seek #2 - Higher/Lower/Same | Yes- with parents | | | | | Sit in large circle if you have space, or take part from desks/tables if required. | | |
| | Music in Bits | Yes- with parents | | | | | Sit in large circle if you have space, or take part from desks/tables if required. | | |
| | Pick a Number 1-4: Chime Bars | Yes- with parents and virtual Instrument App | | | | | Explore use of virtual Chime Bars on virtual Instruments App, if tablets are available. | | |
| | Do a Performance (Y3J2) | | | | | | | | |
| Journey 3: Plastic - Loud & Soft | Warm Up: Tell the Difference - Higher, Lower, the Same | Yes- with parents | | | | | Photocopy pieces of paper with higher, Lower or Same, for each child (Or ask some children to make their own). Indicate answer by holding up correct symbol. Put hand on head for 'Don't Know'. | | |
| | Explore Materials: Plastic 1 | Yes- with parents | | | | | Quarantine plastic items if brought in from home. Experiment and share sounds from desks/tables. | | |
| | Intro to Percussion- Loud & Soft, Long and Short | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | | |
| | Loud & Soft Song - Percussion (Movie) | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sing the song quietly if allowed, or lip synch/mime along with the recordings. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from | | |
| | Loud & Soft Composer | Yes- with parents and virtual Instrument App or Tin-Can Drum kit | | | | | Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud | | |
| | Do a Performance (Y3J3) | | | | | | | | |

P3 COVID Advice By Activity

| P3 | | Homework | Restriction- Traffic Lights | | | | Recommended Adjustments | Additional Notes |
|--|---|---|-------------------------------------|-------------------|------------------|-----------------------|---|--|
| | | Suitable for Homework | No Loud Singing or Chanting Indoors | Social distancing | No moving around | No Shared Instruments | | |
| Journey 4: Plastic is Fantastic | Warm Up: Boing Song - Faster & Slower | Yes- with parents and Virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Agree and Use a Gesture for Woo. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | Key <div style="background-color: #c8e6c9; border: 1px solid black; padding: 2px; margin-bottom: 2px;">Activity can be attempted as it is.</div> <div style="background-color: #ffcdd2; border: 1px solid black; padding: 2px; margin-bottom: 2px;">Activity can be attempted with some adjustments</div> <div style="background-color: #f44336; border: 1px solid black; padding: 2px;">Activity is not feasible within restrictions.</div> |
| | Explore Materials: Plastic 2- Plastic is Fantastic Song | Yes- with parents | | | | | Sing the song quietly if allowed, or lip synch/mime along with the recordings. Sit in large circle if you have space, or perform in seats if required. Quarantine plastic items if brought in from home. Play sounds on plastic items from desks/tables. | |
| | Explore Materials: Plastic 3 | Yes- with parents | | | | | Sit in large circle if you have space, or perform in seats if required. Quarantine plastic items if brought in from home. Play sounds on plastic items from desks/tables. | |
| | Do a Performance (Y3J4) | | | | | | Make a video or audio recording if possible and post on social media. | |
| Journey 5: Biddley-Bop + Shapes | Warm Up: Count to Four Song #3 - Percussion | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Sing quietly if allowed- or lip-synch/mime along and count on fingers. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Biddley Bop Bee #3 - Percussion | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Sing quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Biddley Bop Bee #4 - Percussion Interactive | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Sing quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Shapes and Rhythm- Squares (yr3) | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Shapes and Rhythm- Circles (yr3) | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Shapes, Rhythm and Percussion (yr3) | Yes- with parents and virtual Instrument App or Body Percussion, Tin-Can Drum Kit | | | | | Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App. | |
| | Do a Performance (Y3J5) | | | | | | Make a video or audio recording if possible and post on social media. | |