

## Music and movement



Babies are born with a natural interest in music – a lullaby will calm them, music from television programs they have heard in the womb will help them settle and gentle background music often helps them to sleep for longer.

We plan a music and movement session for the children in the setting every day because we recognise the importance of music in children's lives:

- ✓ Music and movement develops the child's listening skills.
- ✓ Joining in with group activities supports the child's social skills.
- ✓ Music positively affects the child's mood and teaches them to concentrate.
- ✓ Movement – for at least 3 hours a day – is essential for keeping children healthy.
- ✓ Children are more creative when they are listening to music.
- ✓ Music and movement stimulates brain development.

We plan different types of music and movement sessions through the week, because we want to offer children as many opportunities to experience this important part of provision as possible:

- ✓ Singing songs, rhymes and copying sounds, number songs and rhythms using the voice.
- ✓ Dancing to movement songs and rhymes, music the children know, action songs.
- ✓ Fun movement games like musical statues and follow the leader.
- ✓ Playing percussion instruments to make our own music.
- ✓ Listening to different types of music including jazz, classical, rock, pop and reggae. We listen to music from around the world and welcome parent suggestions if they have any home music their child enjoys.
- ✓ Copying games to develop listening skills and teach children about rhythm and the beat of a song.

We often take our music and movement sessions outside where children can make more noise and move in bigger ways. This encourages more freedom of expression and can help even the most reluctant musician to join in.

At home, parent could sing to their child every day – they won't mind if a parent cannot hold a tune! Provide them with a box of musical instruments and sit and play them together... and play simple games together like marching to 'The Grand Old Duke of York' or clapping to 'If you're happy and you know it'.

If you have any questions about music and movement, please let us know. Thank you.