

Ready and up and down song

- Using the large elasticated ribbon, get the children to sit in a circle holding the edge of the ribbon.

Actions ;

- Move the elastic up and down
- Move the elastic in front of you and back towards chest
- Move the elastic side to side
- Hold onto the elastic and move it the around

Song words

Ready and up and down and up and down

Out and in out and in

Side to side side to side

Here we go again

Repeat the song twice each time singing the words faster and doing the actions faster.

And on the 4th time instead of here we go again
sing and now we're going to stop