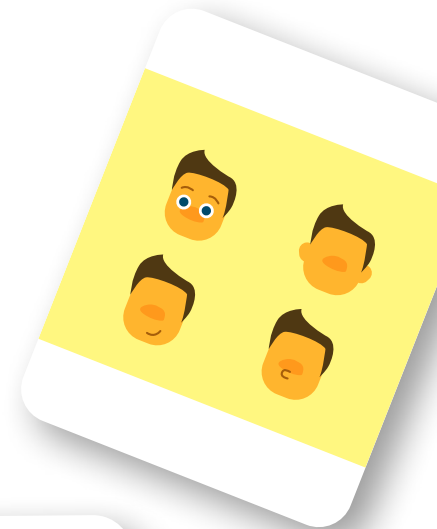


World Nursery Rhyme Week

Head, Shoulders, Knees and Toes Our Bodies



World Nursery Rhyme Week 2023

Head, Shoulders, Knees and Toes - Our Bodies



Resources

- Head, Shoulders, Knees and Toes Song Sheet (**Resource 1**)
- [Head Shoulders Knees and Toes song video](#) by Moonbug
- **OPTIONAL:**
- The [instrumental version](#) from the official album by Piccolo

Introduction/Objective

5 mins



- The objective of today's lesson is to investigate sounds we can use making our bodies.
- This is called body percussion.
- Sing Head, Shoulders, Knees and Toes (**Resource 1**).
- Alternatively, you may chose to watch the [Moonbug video](#).

Whole Group

5 mins



- **Listen:** Sing through 'Head, Shoulders, Knees and Toes' (**Resource 1**).
- Touch the named body parts. Ask children to join in.
- Miss one body part each time you repeat a verse. Continue until all body parts are blanked out.
- **Recap:** How did the rhyme change? What body part was first, next, missing etc?
- **Discuss:** How can we change the rhyme to include other body parts? E.g. cheeks, tummy.
- You may wish to use the [instrumental version](#) of the song to sing any updated rhymes.
- This is based on the original version rather than the Moonbug version.

Independent Activities

15 mins



Suggested set up: one or two groups working with adult support and another working independently.

ICT

- [Listen to the song](#) and join in with actions.
- **Simplify** – Listen and join in.
- **Expect** – Listen, join in and name body parts.
- **Extend** – Talk about how the two versions of the song are different.

Our Bodies

- Draw around a child's body and label some of the parts. Talk about which parts of our bodies we can use to make sounds e.g. clicking fingers, stamping feet, clapping hands.
- **Simplify** – Take part and join in with sounds.
- **Expect** – Hear and name the body sound.
- **Extend** – Describe the body sound e.g. clap, click.

Physical

- **Copycat:** In a small group, the first child makes a body percussion sound such as a clap. The other children copy, passing the sound round the circle. until all the children have had a turn.
- **Simplify** – Take part and copy sounds.
- **Expect** – Hear and name the body sound.
- **Extend** – Describe the body sound e.g. clap, click.

Plenary

5 mins



- ★ Give positive feedback and praise for what the children have done well during the session. Address any misconceptions.
- ★ "Today we practised using our bodies to make different sounds."
Can you make a sound using body percussion?

Further Teaching Points

- Complete the Head, Shoulders, Knees and Toes Quiz, available via Quiz Shed: [shed.ly/QDKSZGQ](https://www.quizshed.com/quiz/4042)
- The Moonbug song lyrics can be found in **Resource 2**.
- Sequence the song using pictures (**Resource 3**).
- Perform action songs and rhymes in front of a mirror.
- Play Joe's Body Percussion Game from the [Phonics Shed](#) Chapter 1 games.
- Check out the additional resources at:
<https://www.phonicshed.com/en-gb/> and <https://www.worldnurseryrhymeweek.com/resources/>

Suggested Story:

Head, Shoulders, Knees and Toes - A Phonics Shed Decodable Story (Pre-Reader) - Chapter 1 Element 3 Our Bodies

The ebook has been made free to access for World Nursery Rhyme Week and can be found here:

play.edshed.com/lessons/LAXLIKY



Head, Shoulders, Knees and Toes

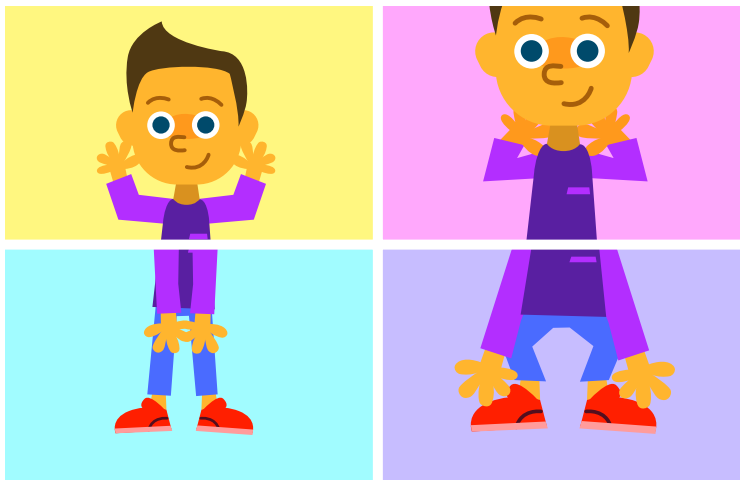


Head, shoulders, knees and toes, knees and toes.

Head, shoulders, knees and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees and toes, knees and toes.



Head, Shoulders, Knees and Toes



Head, Shoulders, Knees and Toes, Knees and Toes.

Head, Shoulders, Knees and Toes, Knees and Toes.

Wash your eyes and ears, then your mouth and nose.

Head, Shoulders, Knees and Toes, Knees and Toes.

Wash with water on your head, on your head.

Wash with water on your head, on your head.

Bath time is such fun before we go to bed.

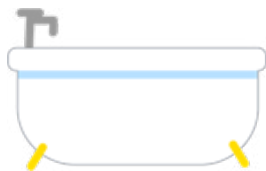
Wash with water on your head, on your head.

Rub the bubbles on your knees, on your knees.

Rub the bubbles on your knees, on your knees.

Rub-a-dub-dub just keep watching me.

Rub the bubbles on your knees, on your knees.



Head, Shoulders, Knees and Toes, Knees and Toes.

Head, Shoulders, Knees and Toes, Knees and Toes.

Wash your eyes and ears, then your mouth and nose.

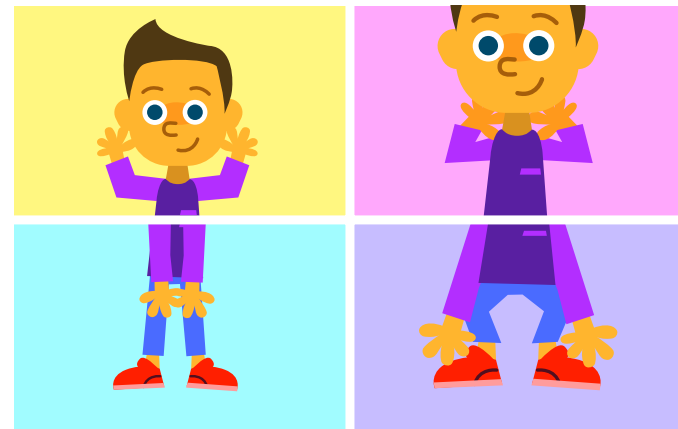
Head, Shoulders, Knees and Toes, Knees and Toes
(and tails).

Now you're all nice and clean, nice and clean.

Now you're all nice and clean, nice and clean.

With a kiss goodnight, it's time to fall asleep.

Now you're all nice and clean, nice and clean.



Head, Shoulders, Knees and Toes

