



# My Body

Me and My Family

All About Me



## Resources

- [Heads, Shoulders, Knees and Toes Rhyme](#)

Aspect

4

**Objective:** To join in with songs and rhymes.

**Key Words:** head, shoulder, knees, toes, eyes, ears, mouth, nose

## Large Group Activity

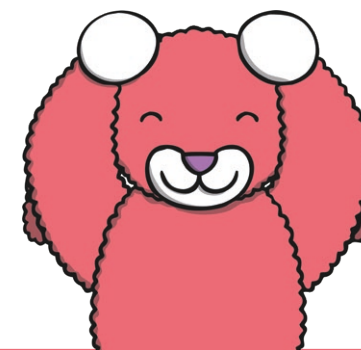
10 minutes

1. 'Today, we are going to sing a song all about our bodies.'
2. 'Can you tell me a body part?' Invite children to share their ideas with the rest of the group.
3. 'Today's song has lots of actions so we have to listen carefully to the words to join in.'
4. Model the actions whilst singing the first verse. 'Heads, shoulders, knees and toes, knees and toes...'
5. Repeat and encourage the children to join in.
6. Continue singing the song, modelling the actions. Encouraging the children to join in with words and actions for the song.

## Extension

7. Vary how you could sing the song, keeping the same rhythm but changing the song in different ways. 'Can we sing the song in different voices?' Take suggestions, e.g. Grandma's voice, giant's voice or mouse's voice.

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## Aspect 4: Rhythm and Rhyme

Strands covered:

- Tuning into rhythm and rhymes
- Listening and remembering rhythm and rhymes

## Enhancements

- Leave out these [Cutting Skills Activity](#) sheets, encouraging the children to sing and order the pictures as they complete their cutting out.
- Place these [Head, Shoulders, Knees and Toes Word Cards](#) into the music area for children to explore independently. You could attach them in order so that children can follow the pictures.

## Look, Listen, Note

How well can the children...?

- join in with the words and actions of songs
- remember and repeat a rhythm

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