**Hull Residency CPD 3**

**Gimme 1**

The leader calls:

 Gimme 1 – 1 Clap

 Gimme 2 – 2 claps

 Gimme 3 – Knee – clap – knee

 Break it down – knee drum roll + a low “whoa” which rises up

as your hands go up in the air

Everyone switches places after break it down and the last person to find a place is the new leader.

If playing this without enough space to switch places, or if playing with a really large group, at the end of “Break it down” the group fold arms and the leader picks the person who looks the most guildty-but-not-guilty. Alternatively, the leader can pick the fastest person to fold their arms to take over the leadership.

Once the game is up and running, ask the group to help you make up a pattern for “Gimme 4” – the only rule is that it can’t start by hitting your knees…

Gimme 5 is obviously a high-five for your neighbours.

**Rachel Leach’s Body Percussion**

Knee-clap-click

Knee-clap-click

Knee-clap-click-clap

Knee-clap-click

Knee-cl-cl-cl-cl-cl-cl (to the left)

Knee-cl-cl-cl-cl-cl-cl (to the right)

Knee-cl-cl (to the left)

Knee-cl-cl (to the right)

Knee-clap-click

Clap-knee-knee (“Badminton”)

Clap-knee-knee

Clap-knee-knee

Clap-knee-knee Clap-clap (“racquet”)

Clap-knee-knee

Clap-knee-knee

Clap-knee-knee

Clap-knee-knee

Stamp! (“court”)

We learned this pattern bit by bit. I try to do as much within the flow of the pulse as possible because it’s faster to learn things that way. Once we’d learned the whole pattern, we tried it in two groups in a canon (the second group starting one the first group began their second section). Finally we put it into three parts.

**Show me how much you like…**

Leader stands in middle of the room. They say “show me how much you like…eg Marmite”. If you like Marmite, you have to get as close to the leader as you can. If you hate Marmite, you get as far away as you can. If you don’t mind it, then get somewhere in between. Use this exercise to find out about the group (what’s their opinion on opera, live music, making music, watching TV etc).

**Hip Hop**

When I say hip, you say hop

When I say hop, you say hip etc:

Hip (stick out hip) – Hop (hop on one leg)

Gingerbread House (roof with arms) – Come in my pretty (witch)

Snow (high pitched voice and twinkly fingers) - Man (muscles)

Doh! (hand on forehead) – Nut (fist into middle)

Bond (like James) – Jella (wobbly legs)

Call the cops – Leg It! (change places in the circle.

Last person to find a place in the circle stays in the middle and becomes the leader. You finish being a leader when you say Call the Cops.

Today, Sam made the excellent suggestion that the last person to find a place picks the new leader by pointing at someone and saying “You’re Nicked!”

**Dentist Chair**

Make a circle of chairs – there should be half the number of chairs as participants. Half sit down on the chairs and the other half stand behind them (one person standing for every person sitting down). The people standing up are Dentists and the people sitting down are patients. Make sure that there is one chair in the circle with no patient in it. The Dentist standing behind this empty seat needs to try and steal a Patient from one of the other Dentists. They do this by winking at the Patient. If the Patient can leave their chair before the Dentist taps them on the shoulders, then they move to the empty chair and their Dentist must find a new patient. If they get tapped, they stay where they are.

Switch over so that the Dentists get the chance to be patients. After the game you might like to talk about how it felt to be in the different positions.

**Shark, Whale, Snake**

When the leader wants the group to be quiet, they call out one of the above. For shark, put one hand on your head like a fin, then the other on your head. Then makes jaws with your arms. On each gesture make a “dur nur” sound from jaws. For whale, hit one knee (flip) then the other (flap) then push your hands into the air like a fountain (psssssshhhhhh). For snake, make your hands into a ssssssssing snake. At the end of each animal, fold your arms and listen!

**Whoosh/Round of a Claws**

This idea came from my lad’s absolutely lovely reception class teacher, Stuart. In his class, when someone had tried hard or done well, they got to receive the praise and adulation of the whole class. They could choose whether they wanted a Whoosh (everyone says “Whooshhhhh” and pushes the imaginary whoosh in the recipient’s direction), a “round” of applause, (or, my favourite, “Claws”, complete with clicking sound and hand-claws!). There were lots and lots of variations – people could have a Mobot or a Usain Bolt or a Cowboy or anything else the class created.

**Switch**

The leader and group all start with their arms folded. The leader then starts a repeated action (eg patting head) but group stay with their arms folded until the leader says “switch” when they move to the first action in the sequence (eg head). The leader then moves onto another action but the group don’t join until the leader again says “switch”. The leader can get as many changes ahead as they like – the group always move through the same sequence that the leader has used.

**Mirrors**

Work in pairs. Decide who is A and who is B. A is the leader and begins to move with B mirroring whatever movements A makes. After this is established, change round the lead so that B is in charge. Switch round a few times and then ask the pairs to try to work together so that there is no leader.

**Hyp-nose-is**

Work in pairs. Decide who is A and who is B. A is the leader and places their hand in front of B’s face. B has to keep their face in the same relationship with A’s hand as A moves and rotates their hand. Switch over.

Discuss which roles participants preferred in both exercises and why. Encourage the group to reflect on how their experience might relate to taking the role of group leader.

**Whisper-speak-shout-sing**

Huddle in the middle. Pick a word and whisper it. Now take a step out and speak it all together. One more step and now shout the word. One final step and really sing it (with a big physical gesture). Huddle back in and do the same process with another word.

**Copycat**

A range of voice warm ups all done as call and response. Start off with everyday sounds (oi! Eh? Ah… etc). This can get gradually closer to pitched singing – it can work well to send up a childish nah nah-nah nah nah. Try using imitation instruments with actions to get into pitched call and response.

**Thinking Voices**

Leader asks “Have you got your speaking voices?”

-Group says “Yes we have, yes we have”

Leader whispers “Have you got your whispering …”

-Group whispers etc.

Leader sings “Have you got your singing…?”

Leader shouts “Have you got your shouting…?”

Then sings “Have you got your speaking voices?” and the group has to speak back “Yes we have, yes we have” etc

Leader asks “Have you got your thinking voices?” and the group THINKS “Yes we have, yes we have”

Gabriel suggested using other vocal characters to function as a vocal warm up – eg. Robots, under water, high, low etc

**My Dog is a good Dog**

My dog is a good dog, yes he is

My dog is a good dog, yes he is

For he sits and begs

And he stands up tall

He chases his tail all around the hall

My dog is a good dog, yes he is

In verse one, there is one “good” each time. In verse two, there are two and in verse five, there are five.

**All my love**

This song also has actions:

All (arms open wide)

My love (hands on heart)

Is, a-bubbling over (hands bubble upwards and over)

On each phrase, everyone takes a step (doesn’t matter in what direction) and on “How do you do?” everyone finds someone’s hand to shake.

**I go riding**

The leader begins and sings the first part of the song (“I go riding on my pony x3; On my big fat pony”) and creates a way of “riding” round the inside of the circle in their own style. When they get to the next bit (“front to the front” etc), they face the person they have reached and both sing that section together. Then on the next round of the song, both of these people go riding, each in their own style. In the second “front to the front” both of the riders find their own part. In the next version, there are therefore 4 riders and then 8 and so on and so on until everyone has joined in.

**My Bonnie Lies over the Ocean**

– everytime you sing a word beginning with the letter B, you stand up (if you were sitting down) or sit down (if you were standing up)…

**Grand Old Duke of York**

– first sing it as usual. Then next time THINK the word “up”. Then THINK the word “down”, then THINK both “up” and “down”. Then THINK everything except for “up” and “down”.

**Knees up Mother Brown**

(Jelly on the Plate) – instead of the words, sing the numbers one to five. When you get to five, start again at one. This means that the first time through, you start on One. The second time through you start on Four. The third time on Two. Fourth time on Five. Fifth time on Three.

**Twinkle Twinkle**

– same as Knees up… but you count from one to six.

**Hoi Mache Peter**

First we learned the song. Then sang it all, but thought “Peter”. Then thought “Pah”. Then thought “Peter” and “Pah”. Then thought everything *except* “Peter” and “Pah”. Great for calming groups down and getting them listening.

**Mama Banana**

Use the same tune for each verse. Start on your knees. You’re an irritable toddle who’s been in the supermarket for two hours. You moan and beg your mum for a banana:

Mama, will you buy me a,

Will you buy me a?

Will you buy me a?

Mama, will you buy me a,

Will you buy me a banana?

Stand up – you’re an irritable mum:

Yes yes, I’ll buy you a

I’ll buy you a

I’ll buy you a

Yes yes I’ll buy you a

I’ll buy you a banana!

Kneel again – you’re even more moany…

Mama, will you peel the skin?

Will you peel the skin?

Will you peel the skin?

Mama, will you peel the skin?

Will you peel the skin of my banana?

Stand – you’re really really frustrated. Almost gritted teeth.

Yes, yes, I’ll peel the skin

I’ll peel the skin

I’ll peel the skin

Yes, yes, I’ll peel the skin

I’ll peel the skin of your banana.

Kneel – You know you’ve upset mum, so be nice…

Mama, do you want a bite?

Do you want a bite?

Do you want a bite?

Mama, do you want a bite?

Do you want a bite of my banana?

Mum – you’re really happy now!

Yes, yes I’d love a bite

I’d love a bite

I’d love a bite!

Yes, yes I’d love a bit

I’d love a bite of your banana.

Kneel – you’re totally distraught!

Mama you greedy thing,

You greedy thing,

You greedy thing!

Mama you greedy thing,

You’ve eaten my banana!