



# Up, Down, & Around

## Melodic Direction & Rhythm Review

Suggested Grades: K-2

Polina Mann

### National Core Arts Standards

- #1 Generate and conceptualize artistic ideas and work.
- #2 Organize and develop artistic ideas and work.
- #11 Relate artistic ideas and works with societal, cultural and historical context to deepen understanding.

### Objectives

- Sing Up Down & Around.
- Identify & notate rhythms.
- Compose vegetable rhythm compositions

### Materials

Book: **Up, Down, & Around** by Katherine Ayers  
Song: Up Down & Around  
Optional: Musicplay Online Software  
Youtube Recordings



### POLINA MANN

I PreK-8th grade music at the St. Rita School in Hamden, CT. This is my 8<sup>th</sup> year in a private school setting and love it! I am certified in music, theatre and technology. I also work as a church music director on the weekends and started the Instagram page Grants for Music Teachers. You can find me on Instagram, Pinterest, and Facebook.

## Suggested Teaching Process:

- Read **Up, Down, & Around** by Katherine Ayers adding actions.
  - Up – Raise Arms Up
  - Down – Reach Down and Touch Your Toes
  - Around – Turn Around Quickly
- Sing the song **Up, Down, & Around** for the students.
- Teach using
  - Hint: The arrangement includes chords for any harmonizing instrument such as piano, guitar, or ukulele. I like to use the ukulele since I am a traveling teacher.*
- Next, students sing and perform the directional motions with the song. Students also perform the actions in the middle section with the half-note rests.
- Identify which vegetables group up, down, and around.
  - Optional: Visuals are available for purchase at Creating Musical Literature TPT Store.*
- Next, identify the melodic direction of the words in the song.
  - Hint: I also recommend exploring tempo and dynamics with this activity.*
- Finally, review a quarter note and paired eighth notes using “carrot” and “corn.”
- Create rhythmic patterns using these two words.

### MusicPlay Extension:

[Musicplayonline.com](https://www.musicplayonline.com) uses the words “carrot” and “corn” in their rhythm composition section. This activity supports the last step of my lesson of decoding and practicing ta and ti-ti syllables.

### YouTube Extension:

As a final activity, I introduce the students to the vegetable orchestra, introducing them to the many uses of vegetables besides simply being eaten.





The Vegetable Orchestra

<https://www.youtube.com/watch?v=xM1EjIDLMLY>

The Vegetable Orchestra – Green Days

<https://www.youtube.com/watch?v=1ZQqu8M-EGs>

**At Home:**

- Encourage students to explore what vegetables they have at home and, with parent permission, experiment turning them into instruments.
- Supermarket Adventure: Visit the supermarket and make a list of vegetables that will work as instruments.





# Up, Down, & Around

Polina Mann

C G C G

Up, down and a-round, how does your gar - den grow?

C G C

Up, down, and a - round goes the rake and hoe.

C

Make Scatter motions for two beats.

Make pouring motions for two beats.

Seeds we scat - ter Then pour wa - ter

C

Raise arms up to show sun shining for two beats.

Crouch then rise up for 2 beats

Sun is shin - ing Vines are climb - ing

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




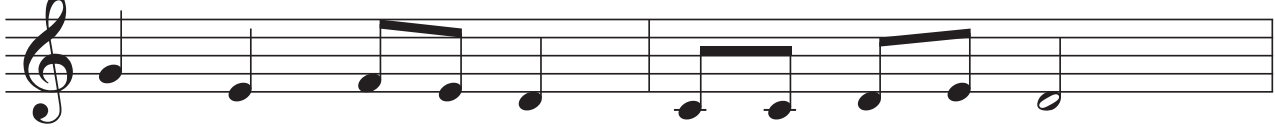

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# Up, Down, & Around

**C**




**G**





Up, down and a - round,

grow - ing lots of greens.

**G**



**C**



Up, down, and a - round,

we are eat - ing clean.

