

# Forwards, backwards

Aim: to encourage back and forth movement and an understanding of the associated concepts.

**C<sup>sus4</sup> C C/B Amin**

For-wards, back-wards, for -wards, back-wards.

**C<sup>sus4</sup>/G C/G C<sup>sus4</sup>/G C/G F<sup>7</sup> F<sup>9</sup>**

This way and that, this way and that. For-wards and back,

**C<sup>sus4</sup> C**

for - wards and back. This way and that.

This back and forth movements can be done in a number of ways: sitting opposite a partner, for example, or in a wheelchair. The sense of changing direction can be enhanced with a sound in front of the child or young person and one behind. The song can be sung at different speeds to suit the physical attributes of different participants.