

Up and down

Aim: to provide a musical representation of up and down movements.

The musical score is written for piano in C major, 4/4 time. It consists of four systems of music. The first system starts with a C chord and a melodic line in the right hand that ascends stepwise. The second system features a descending melodic line in the right hand and an ascending line in the left hand. The third system continues with a descending line in the right hand and an ascending line in the left hand. The fourth system concludes with a final descending melodic line in the right hand and an ascending line in the left hand. Chord changes are indicated by letters above the staff: C, F, G7, C, FM7, C, FM7, C, F9, C, FM7, Dmin7, G7, G13, C, F, G7, C.

C F G⁷ C F^{M7}

Go - ing up and down, and

C F^{M7} C F⁹

up and down, and up and down, and

C F^{M7} D^{min7} G⁷ G¹³

up and down. Up and _____

C F G⁷ C

down.

This song can be used to encourage children to move their arms, legs or head. Indicate to them first (perhaps using touch as well as other forms of communication) which part of the body it is to be. Children and young people may be able to choose which part of their body they wish to move up and down next. The effect can be enhanced by raising something bright or rusty. The movements can be made with any degree of support that is necessary. For visually impaired children, songs such as this are particularly important in that they provide an auditory representation of movement.