Music Express second edition
a cross-curricular, topic-based approach

Music Express provides a carefully-structured progressive scheme of work for music, integrating singing, playing, listening and composing. The second edition of Music Express has been created with a cross-curricular, topic-based approach to music teaching in mind, so that learning about music is developed whilst exploring different topics and is linked with other curriculum subjects.

Topic-based units
Each Music Express book is divided into topic-based units. There are twelve units apiece for Ages 5–6, 6–7, 7–8 and 8–9, and six units for ages 9–10 and 10–11.

Musical focus
Each unit has a musical focus, eg exploring sounds, beat, pitch, performance. The musical development progresses through each age group, providing a comprehensive scheme of work.

Unit topic heading
Each unit has been given a cross-curricular topic heading to show at a glance how it might fit in with your own themes.

Subject link
Each unit has been linked to one specific non-music subject and provides support for children’s learning of that subject through music. The units are cross-curricular in nature and so also touch on many other subjects (see summary for each age group).

Activity headings and summary
Each lesson is divided into three activities. Each activity has a heading and an activity summary to provide a quick-reference overview of the content.

Cross-curricular summary for each age group
The following pages provide an overview of cross-curricular themes and ideas covered in each unit for each age group as a quick reference to assist with your planning of other subjects. The musical and content progression is shown throughout the resource, both within the activity summaries in the book and in the lesson plans on the DVD-ROM.
Music Express Age 5-6: A cross-curricular summary

OURSELVES
Subject Link: English
Cross-curricular themes and activities:
• Making vocal sounds
• Playing at the park
• *Glad to be me* - a happy song
• Using parts of the body to make sounds

Links to English:
• Explore and make vocal sounds
• Perform a poem using the voice expressively
• Follow a storyboard
• Develop a story, exploring different endings

NUMBER
Subject Link: Maths
Cross-curricular themes and activities:
• Weather – counting raindrops
• Performing sequences of actions

Links to Maths:
• Count to eight and back
• Sequence patterns

WEATHER
Subject Link: Geography
Cross-curricular themes and activities:
• Use expressive words to describe different weather, eg pitter patter, rumble

Link to Geography:
• Explore different types of weather, eg wind, rain, thunder

ANIMALS
Subject Link: PE
Cross-curricular themes and activities:
• Day and night
• Comparing animals: size, sounds, movements, habitats

Links to PE:
• Invent travelling body movements to represent different animals
• Move as different animals

MACHINES
Subject Link: PSHE
Cross-curricular themes and activities:
• Explore words to describe sounds, eg whirr, beep, and create word rhythms
• Look at invented machines – robots and factories; steam trains
• Speed and measurement of speed

Link to PSHE:
• Discuss living in the wider world

SEASONS
Subject Link: Science
Cross-curricular themes and activities:
• Dressing for the weather and different seasons
• Planting seeds
• What a plant needs to grow
• The cuckoo

Links to Science:
• Weather in different seasons
• Changes across the four seasons
OUR SCHOOL
Subject Link: Geography
Cross-curricular themes and activities:
• Classifying objects
• The world around us

Links to Geography:
• Follow and create a map of a classroom
• Follow a map of a school
• Learn simple compass directions
• Study the geography of your school inside and out

STORYTIME
Subject Link: English
Cross-curricular themes and activities:
• Our feelings

Links to English:
• Traditional tales – The three little pigs, The magic porridge pot
• The sequence of a story
• Broadening vocabulary

OUR BODIES
Subject Link: Science
Cross-curricular themes and activities:
• Copying actions, developing coordination
• Our feelings and moods
• Sound words, eg glug, bump, scratch
• Performing a poem

Links to Science:
• Parts of the body
• Listening and moving

TRAVEL
Subject Link: PE
Cross-curricular themes and activities:
• Copying actions, developing coordination
• Our feelings and moods
• Sound words, eg glug, bump, scratch
• Performing a poem

To link to PE:
• Parts of the body
• Listening and moving

WATER
Subject Link: Art
Cross-curricular themes and activities:
• Water sports
• Waves
• Different types of boat
• Life in an aquarium
• Following a storyboard

Links to Art:
• Discussing paintings by famous artists:
Great wave off Kanagawa by Katsushika Hokusai;
Girl with fish bell by August Macke;
Flatford Mill (Scene on a Navigable River) by John Constable;
The sea with a sailing ship by Arkhip Kuindzhi;
On the boat, Abramtsevo by Vasily Polenov

PATTERN
Subject Link: Maths
Cross-curricular themes and activities:
• Animal sounds
• Sounds around us
• Different numbers of syllables in words

Links to Maths:
• Counting and grouping in two, three, and four
• Number patterns
• Two times table

MUSIC EXPRESS
Music Express Age 5-6: A cross-curricular summary
**OURSSELVES**
Subject Link: English
Cross-curricular themes and activities:
- Our feelings, including feeling ‘blue’
- Likes and dislikes
- How pets communicate their feelings without words

Links to English:
- Vocal sounds, eg yummmm, ahhhh
- Discussing the poem *I like*, by Maureen Hanke
- Building expressive vocabulary, relating to mood and feelings

**TOYS**
Subject Link: PSHE
Cross-curricular themes and activities:
- Toys that move
- Counting four beats
- Using descriptive words and inventing actions to describe what toys do, eg bounce, stomp, splat
- Slowing down and speeding up with changes in gradient – uphill and downhill

Links to PSHE:
- Riding a scooter
- The world around us – toys and games

**OUR LAND**
Subject Link: Geography
Cross-curricular themes and activities:
- Myths from Great Britain and Northern Ireland: The Loch Ness monster (Scotland), Giant’s Causeway (Northern Ireland), King Arthur’s Knights (Wales), Robin Hood (England)
- Water and ice
- Creating artwork relating to the myths and countries

Links to Geography:
- Locating Great Britain and Northern Ireland on a map
- Different landscapes: sea, lake, forest, mountains

**ANIMALS**
Subject Link: PE
Cross-curricular themes and activities:
- Animal sounds and movements
- In the jungle
- Interacting with others
- Representing travelling motions graphically

Links to PE:
- Warming up the body to music
- Moving as different animals

**OUR BODIES**
Subject Link: PE
Cross-curricular themes and activities:
- Birthdays and birthday parties
- Mimic actions, eg eating cake, blowing out candles
- Growing old

Links to PE:
- Responding to music with whole body actions and dance
- Moving as a child, parent, and grandparent
- Throwing, bouncing, and twisting a ball

**NUMBER**
Subject Link: Maths
Cross-curricular themes and activities:
- Performing actions in a song
- Performing a sequence of movements

Links to Maths:
- Patterns of three, four, and eight
- Odd numbers
- Counting items (snowballs) in a piece of music
**STORYTIME**
Subject Link: English
Cross-curricular themes and activities:
- Feeling scared
- Telling the time – 12 o’clock midnight
- Interpreting a picture

Links to English:
- Following a storyboard (a section of *The Nutcracker*)
- Narrating a poem expressively
- Building vocabulary
- Using words and sounds expressively to convey the mood of characters in a picture

---

**WEATHER**
Subject Link: Geography
Cross-curricular themes and activities:
- Winter weather and feeling cold
- Rainy weather
- Daily life and weather
- Aesop’s fable *The wind and the sun*
- Moral: gentle persuasion is stronger than force
- Following a storyboard

Link to Geography:
- Seasonal weather patterns

---

**PATTERN**
Subject Link: Maths
Cross-curricular themes and activities:
- Insects: spiders, butterflies, grasshoppers, bees, dragonflies, beetles
- Frogs and the habitat of a pond

Links to Maths:
- Dividing eight into smaller numbers
- Dividing six into smaller numbers
- Counting in three and four

---

**SEASONS**
Subject Link: Science
Cross-curricular themes and activities:
- The seasons and months of the year
- How seasons vary in different parts of the world
- The Makaton signs for the seasons
- The number of days in each month of the year
- Sakura (Cherry blossom) in Japan
- The painting *Almond tree in blossom*, by Van Gogh

Links to Science:
- Changes in the four seasons
- Plants at different times of the year

---

**WATER**
Subject Link: Science
Cross-curricular themes and activities:
- Making whole body movements to depict different animals

Links to Science:
- Food chains in the sea and the pond
- Animals of the sea
- Plants and animals of the pond (habitats)

---

**TRAVEL**
Subject Link: English
Cross-curricular themes and activities:
- Learning an action song with lyrics in Swahili
- Going to town on a bus
- Different modes of transport
- Speed
- Rollercoasters and theme parks

Links to English:
- Rhyming words
- Using your imagination
- Describing a journey in a fast machine

---

**MUSIC EXPRESS**
Music Express Age 7-8: A cross-curricular summary

ENVIRONMENT
Subject Link: Geography
Cross-curricular themes and activities:
• The poem *The Sound collector*, by Roger McGough
• Sounds of the world around us
• Writing lyrics for a chant about your local area

Links to Geography:
• Identifying features of your local area
• The contrast between towns and cities and the countryside
• Human and physical characteristics of your local area

BUILDING
Subject Link: DT
Cross-curricular themes and activities:
• Working on a building site – understanding the jobs and tools used and thinking about health and safety, eg wearing hard hats and taking breaks
• Different job roles, eg boss, apprentice

Links to DT:
• Thinking about tasks involved in constructing a building
• How different tools are used

SOUNDS
Subject Link: Geography
Cross-curricular themes and activities:
• How sounds are made and how different notes are produced, eg longer tubes for low notes
• How steel pans are made

Links to Geography:
• Learning about music from around the world: The Solomon Islands; Trinidad and Tobago; India
• Learning in more detail about Trinidad and Tobago – human and physical geography

POETRY
Subject Link: English
Cross-curricular themes and activities:
• Playing at a park or playground
• How things move
• Making comparisons
• Bugs

Links to English:
• The poem *Playground* song by Paul Cookson
• The poem *Sounds* by Irene Rowsley
• Superlatives, eg noisiest, tiniest
• The poem *Bug chant* by Tony Mitton
• Building vocabulary

CHINA
Subject Link: Maths
Cross-curricular themes and activities:
• Learning about China
• The Great Wall of China
• Chinese New Year and customs

Links to Maths:
• Exploring patterns
• ‘Pent’ = five

TIME
Subject Link: Maths
Cross-curricular themes and activities:
• A carillon (set of chiming bells)
• Performing actions in a song
• Soldiers and marching

Links to Maths:
• Combining patterns in two, three and four
• Time
• Division
IN THE PAST
Subject Link: PE
Cross-curricular themes and activities:
- Monasteries and convents
- Medieval times
- Tudor times
- Number patterns

Links to PE:
- Clapping games
- Learning to perform a Tudor dance

COMMUNICATION
Subject Link: Computing
Cross-curricular themes and activities:
- Emoticons – the smiley – as a form of communication
- Mood and feelings
- Memory games
- Using telephones and mobile phones
- Sequences

Links to Computing:
- Earcons – computer sounds for particular tasks
- Using computer software to apply digital FX and manipulate sounds
- Game apps and simple programs

HUMAN BODY
Subject Link: Science
Cross-curricular themes and activities:
- Improvising a dancing skeleton dance
- Improvising an aerobic body workout routine
- Broadening vocabulary: words to describe feelings
- Imagining an ending to a story
- Watching a dancer telling a story through movement

Links to Science:
- Bones in the human body and our skeleton
- How muscles work and their relationship to bones

SINGING FRENCH
Subject Link: Languages
Cross-curricular themes and activities:
- Greeting one another and introducing your family
- Hobbies and interests
- Exploring number patterns to 12

Link to Languages:
- Learning French: greetings; hobbies and interests; my family; counting to 12

ANCIENT WORLDS
Subject Link: History
Cross-curricular themes and activities:
- Myths and legends – the stories of Orpheus with Jason and the Argonauts, Echo and Theseus and the minotaur
- Learning about echoes

Links to History:
- Ancient Greece
- The ancient Greek myths – Orpheus with Jason and the Argonauts, Echo and Theseus, and the Minotaur

FOOD AND DRINK
Subject Link: DT
Cross-curricular themes and activities:
- Fruit
- Breakfast time
- Health and illness
- Rhyming words

Links to DT:
- Fruit and vegetables
- Ways of preparing food using bananas as an example (peel, chop, mash, blend)
- Recipes, ingredients, and cooking methods

Music Express Age 7–8: A cross-curricular summary
Music Express Age 8-9: A cross-curricular summary

POETRY
Subject Link: English
Cross-curricular themes and activities:
• Travelling by train
• Poetry

Links to English:
• The poem *Hand on the bridge* by Michael Rosen
• The poem *Write a rap* by Tony Mitton
• The poem *From a railway carriage* by Robert Louis Stevenson
• Performing poems rhythmically

ENVIRONMENT
Subject Link: Science
Cross-curricular themes and activities:
• The poem *The tree in season*, by Robert Fisher
• The seasons of the year
• Global warming
• The water cycle
• The Arctic and Antarctic and the effect of global warming on these regions

Links to Science:
• How a tree changes through the seasons
• Parts of a tree
• Seasonal changes
• How water can change state

SOUNDS
Subject Link: Science
Cross-curricular themes and activities:
• The 1940s
• Slavery and spiritual songs

Links to Science:
• How sounds are made and vibration
• Classifying musical instruments as aerophones, membranophones, idiophones, or chordophones

RECYCLING
Subject Link: Art
Cross-curricular themes and activities:
• A tree’s journey from seed to paper mill
• How paper is made
• How sounds can be made using everyday items
• Recycling

Links to Art:
• Making art using paper and people
• Junk art – making collage and sculptures out of junk
• Indian Rangoli art images

BUILDING
Subject Link: PSHE
Cross-curricular themes and activities:
• Performing dance movements to a song
• Building techniques
• Travelling by train

Links to PSHE:
• Housing shortages – the pros and cons of building and development
• The world around us

AROUND THE WORLD
Subject Link: Geography
Cross-curricular themes and activities:
• Slavery and spiritual songs
• Folk music from different countries
• Exploring patterns
• Performing a song from Kenya

Links to Geography:
• Locating different countries on a globe
• The USA, Hungary, Ireland, and Mali
Music Express Age 8-9: A cross-curricular summary

ANCIENT WORLDS
Subject Link: History
Cross-curricular themes and activities:
• 3D shapes – the pyramid
• Funerals and burials

Link to History:
• Ancient Egypt, particularly pyramids, funerals, and mumification

COMMUNICATION
Subject Link: English
Cross-curricular themes and activities:
• Issues in or around school, eg bullying, litter, traffic, road safety
• Raising awareness of issues and protesting

Links to English:
• Writing your own news headlines
• Presenting your school news broadcast
• Writing lyrics to raise awareness of local issues

TIME
Subject Link: Maths
Cross-curricular themes and activities:
• Canterbury cathedral
• Clocks
• Structuring a story

Links to Maths:
• Number patterns
• Clocks and time

IN THE PAST
Subject Link: PE
Cross-curricular themes and activities:
• Mid-sixteenth century
• Weddings and getting married
• The 1960s – dance and culture

Links to PE:
• Learning a simple dance from the mid-sixteenth century
• Learning a simple country dance and maypole dance
• Learning to dance the twist, stomp, and mashed potato and performing them to a 1960s pop song

FOOD AND DRINK
Subject Link: DT
Cross-curricular themes and activities:
• Tudor times – food and drink
• The painting Vertumnus by Giuseppe Arcimboldo
• Patterns
• Being a pizza chef
• Food from around the world: Ghana, India, Peru, China

Links to DT:
• Fruit and vegetables
• A Tudor banquet
• Creating your own pizza – recipe, ingredients, and toppings
• Food from around the world: Vegetable madras (India/Britain); Kuli kuli (Nigeria); Tacu tacu (Peru); Wonton noodles (China); Tortilla de patatas (Spain)

SINGING SPANISH
Subject Link: Languages
Cross-curricular themes and activities:
• Spain – music, food and drink, and customs, in particular using a molinillo to make hot chocolate
• Times of the day

Link to Languages:
• Learning Spanish: greetings and introducing oneself; numbers to ten; drinking hot chocolate

MUSIC EXPRESS
OUR COMMUNITY
Subject Link: History
Cross-curricular themes and activities:
• The village Saltaire in West Yorkshire
• The impact of the Industrial Revolution on towns and countryside
• Changes in land use over time, in particular the change from a rural to an industrialised landscape
• Identifying features on a map of the local area
• The human geography of your local community, past and present
• Writing lyrics about your local community
• Discussing the meaning of William Blake’s poem, used in the song Jerusalem
• Metaphors
• Performing and improvising movement patterns
• Using ICT to produce a slideshow of images from your local area past and present and synchronising them in a performance
• Writing a narration to go with your performance
• Mills and the textile industry

Links to History:
• Learning about the Industrial Revolution, a significant turning point in British history
• Learning about your local community, past and present

SOLAR SYSTEM
Subject Link: Science
Cross-curricular themes and activities:
• The first Moon landing
• Discussing the imagery of the words in the poem Space shot, by Gareth Owen
• Writing a script to link performances of pieces of music about different aspects of space
• Using ICT to make a slideshow of images

Links to Science:
• The Sun and stars
• The planets in our Solar System
• The planets in orbit and orreries
• Galaxies
• The Moon and its relative position to the Earth
• An Earthrise as seen from the Moon

LIFE CYCLES
Subject Link: PSHE
Cross-curricular themes and activities:
• Babies and sleep
• School, school subjects, and timetables
• Your own school routines, resources, and setting
• Discussing the painting Deadline, by Pamela J Crook
• Using words expressively and broadening vocabulary
• Symmetry and number patterns
• Comparing paintings of the composer Franz Liszt as a young and old man
• Our changing bodies as we get older
• The Greek myth Orpheus and Eurydice

Links to PSHE:
• The school day
• Thinking about how individuals have different interests and enjoy different school subjects
• Considering the consequences of leaving food at the bottom of a lunchbox
• Different places of work
• Busy working environments and the concept of a deadline
• From birth to death
• Discussing feelings and emotions
KEEPING HEALTHY
Subject Link: PE
Cross-curricular themes and activities:
• How the heart works
• The human skeleton and our muscles
• Exercising to keep healthy
• Different sports
• Travelling by bike to cut down on pollution

Links to PE:
• How we use our bodies in exercise
• Synchronised swimming and different swimming strokes
• Riding a bike
• Circuit training
• Planning a circuit training circuit

AT THE MOVIES
Subject Link: English
Cross-curricular themes and activities:
• Early animated movies
• Learning about animation film key words and techniques: Mickey Mousing; spotting; hit points; Foley artist; clichés
• Acting out scenes and tableaux through mime
• Following the digital time format, noting time codes, and matching time codes with events on screen

Links to English:
• Expressing opinions and your own interpretations of action in movies
• Writing a script to accompany a movie
• Storyboards and sequencing a storyline

CELEBRATION
Subject Link: English
Cross-curricular themes and activities:
• Greetings in different languages
• People of the world coming together in celebration
• Compass directions
• Using ICT to present a slideshow of images
• Working together to build a performance
• Performing body movements with a song
• Positive feelings

Links to English:
• Reading and discussing song lyrics
• Identifying words that express the concept of celebration
WORLD UNITE
Subject Link: PE
Cross-curricular themes and activities:
• Points of the compass
• People of the world uniting
• The Earth: lines of latitude; North and South poles; Equator; Northern and Southern hemispheres
• A united world

Links to PE:
• Developing coordination in a cup passing game
• Performing whole body movements in time with a song
• Learning and performing a step dance to music
• Improvising movements to add to a dance
• Performing a complex dance routine in groups

JOURNEYS
Subject Link: PSHE
Cross-curricular themes and activities:
• Animal journeys, survival, and migration
• The use of metaphors in songs
• Creating a multi-media performance, including options to:
  » find or write poems or narrative
  » find or create artwork to fit with the themes of the songs in the song cycle
  » add movement to capture a mood and create a visual performance
  » use ICT to display images, artwork, or photographs

Links to PSHE:
• Feelings associated with moving house, changing school, moving to a new country
• Human migration – causes and impact
• Looking out for other people
• Apartheid and associated issues
• Finding inner strength in the face of adversity
• Outlook: Life is what you make it
• Coping with change

GROWTH
Subject Link: Geography
Cross-curricular themes and activities:
• Performing short, mimed sequences
• Inventing and performing street calls
• Learning about the world around us – urban street scene with market sellers, buskers, mime artist, shoppers, flash mob dance
• Learning about the relatively modern phenomenon of flash mobs
• Learning a street dance and improvising ideas to add to the performance

Link to Geography:
• Human geography, looking at towns, markets, railway stations, and shopping centres
ROOTS
Subject Link: English
Cross-curricular themes and activities:
• Traditional village life in Ghana, West Africa
• Mimicking actions associated with everyday life in a traditional village in West Africa
• Devising simple West African dance steps
• The slave trade
• African fabric

Links to English:
• Reading the script of a play
• Reading a traditional Anansi tale from West Africa
• Discussing the themes and setting of a play
• Memorising lines and acting out a play
• Performing a mini-musical with acting, singing, dance, and music

CLASS AWARDS
Subject Link: Cross-curricular
Cross-curricular themes and activities:
• Developing a script for an awards show
• Celebrating each other’s achievements in all subjects
• Learning about Viktor Hartmann’s exhibition of paintings that inspired Mussorgsky to write *Pictures at an Exhibition*
• Learning about the painting *Catacombs* by Hartmann
• Appraising the children’s own artwork
• Comparing characteristics of art and music
• Writing rap lyrics using a word bank
• The qualities that make someone a class hero

MOVING ON
Subject Link: Computing
Cross-curricular themes and activities:
• Planning a leavers’ assembly
• Discussing the emotions surrounding leaving your current school to go on to a new one
• Memories
• Using maths skills to work out timing transitions between slides in a slideshow synchronised to a song backing

Links to Computing:
• Creating a slideshow of images synchronised to a song backing