

Time	0'00"	0'09"	0'41"	0'58"	1'29"	2'01"	2'19" fade out
Whole class	Heavy pulsations	Rising patterns	Hovering high sounds		Rising patterns	Hovering high sounds	
	Crouch down, tap the floor with hands/paper plate to the beat.	Wave hands/paper plates gradually upwards, then quickly drop to the floor. Repeat 4 times.	Waves hands/paper plates in the air, showing the high pitch. Wave to the beat.	Drop to the floor and perform the rising pattern another 4 times.		All wave hands/paper plates in the air.	
Soloist/ small group				Slow, 4-beat movements			
				A small group of children step forward and perform slow, 4-beat underwater movements through space. Imagine moving through treacle. Count 1,2,3,4 and step on beat number 1. Move continuously.			
Musical map							
							