

Time	Session Element	Ideas	Equipment
15-20mins	<p><i>::beginning::</i></p> <p>Introduction / Theme</p> <p>Physical warm-up: limbs & digits, head, neck & shoulders, mouth & lips, breathing</p> <p>Co-ordination / Crossing the mid-line</p> <p>Pulse & Tongue Twisters</p> <p>Welcome Song</p>		
30-35mins	<p><i>::middle::</i></p> <p>Action Songs</p> <p>Songs from Sheets/Books</p> <p>Songs from Memory</p> <p>Rounds and Echo Songs</p> <p>Partner Songs</p> <p>New Songs</p> <p>Conducting and Clapping</p> <p>Percussion</p> <p>One Song to the Tune of Another</p> <p>Omission Songs</p>		
5-10mins	<p><i>::end::</i></p> <p>Razzmatazz!</p> <p>Cooling-Down</p>		