

The Greater Manchester Music Hub

Singing Challenge 2024

This year's Singing Challenge coincides with the Paris 2024 Olympics and the lyrics are centred on trying your best. It celebrates the theme of respect through sport and competition.

Click here to find the lyrics and backing track for "Chase Down the Sun"
[Primary Schools' Singing Challenge | Greater Manchester Music Hub \(gmmusichub.co.uk\)](#)

In addition to the song, we have gathered together further resources which you may wish to use in your Class Music sessions in the lead-up to the Paris Olympics. See below for these.



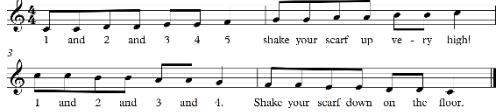
Don't forget to share your photos and videos of you singing. Tag us on social media using #GMMHSinging @GMMusicHub

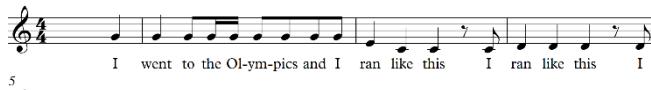
Adult-led Music EYFS Session

Theme: Sport, Olympics, Trying your Best

Resources for this session:

Hand-held percussion, juggling scarves/peekaboo scarves (or ribbons etc.), [John Williams & Berliner Philharmoniker – Olympic Fanfare and Theme - YouTube](#)

Hello Song Warm-ups	<p><u>Hello Song</u> To the tune of “The Farmer’s in his Den”</p> <p>I’m glad you’re here today, I’m glad you’re here today, Everybody wave hello, I’m glad you’re here today!</p> <p>....everybody bang the floor.....everybody tap your knees.....everybody shake about....</p> <p><i>Children can suggest actions for additional verses</i></p>
Action songs	<p><u>Olympics Race Warm-Up</u> (to the tune of <i>Here we go round the Mulberry Bush</i>)</p> <p>This is the way we reach up tall, Reach up tall, reach up tall This is the way we reach up tall When we’re warming up</p> <p>This is the way we run on the spot....</p> <p>This is the way we flex our muscles....</p> <p><i>Add your own verses as appropriate</i></p>
Action songs with props	<p>Use peekaboo/juggling scarves or ribbons</p> <p><u>1 and 2 and 3 4 5</u> <u>1 and 2 and 3 4 5</u> Shake your scarf up very high! <u>1 and 2 and 3 and 4</u> Shake your scarf down on the floor</p> <p></p> <p><u>The bouncing gymnasts go up and down</u> (To the tune of “Mulberry Bush”) <i>Move scarves up/down, round etc whilst singing</i></p> <p>The bouncing gymnasts go up and down Up and down, up and down The bouncing gymnasts go up and down When they’re in the Olympics</p> <p>The wheels on the bike go round and round.... When they’re in the Olympics.</p> <p><i>Encourage the children to compose their own verses</i></p> <p><u>What shall we do at the Olympics</u> (to the tune of “Drunken Sailor”)</p> <p>What shall we do at the Olympics? What shall we do at the Olympics? What shall we do at the Olympics? Try to win a medal!</p> <p>We'll run, run, run, run very fast x3 Scarves wriggle fast Try to win a medal</p>

	<p>We'll jump, jump, jump, jump very high x3 <i>scarves up and down</i> Try to win a medal</p> <p>We'll throw, throw, throw, throw very far x3 <i>scarves in and out</i> Try to win a medal</p> <p>We tried our best at the Olympics x3 <i>either put scarf around neck like a medal or wave it very high in triumph!</i></p>
Counting song	<p><u>5 Shiny Bikes</u> To the tune of "10 Green Bottles"</p> <p>5 shiny bikes racing round the track 5 shiny bikes racing round the track And if one shiny bike should accidentally stop There'll be 4 shiny bikes racing round the track... Etc....</p> <p>Or</p> <p><u>5 Gold Medals Waiting to be won</u> To the tune of "10 Green Bottles"</p> <p>5 Gold Medals waiting to be won 5 Gold medals waiting to be won Anna ran the fastest so cheer her everyone <i>use the name of children in the class</i> Now there's 4 Gold medals waiting to be won... Etc.</p>
Movement songs (gross motor)	<p><u>I went to the Olympics and I ran like this</u> I went to the Olympics and I ran like this Ran like this, ran like this I went to the Olympics and I ran like this Ran like this all day</p> <p>I went to the Olympics and I hopped like this...</p> <p>I went to the Olympics and I skipped like this</p> <p><i>Add your own verses as appropriate</i></p> <p style="text-align: center;">  <i>I went to the Ol-ymp-ics and I ran like this I ran like this I ran like this I ran like this I ran like this. I went to the Ol-lymp-ics and I ran like this. I ran like this all day.</i> </p>
Listening	John Williams "Olympic Fanfare and Theme" John Williams & Berliner Philharmoniker – Olympic Fanfare and Theme - YouTube
Instruments (being creative with sounds and exploring)	<p><u>This is the way we play together</u> (to the tune of "Mulberry Bush")</p> <p>This is the way we play together, Play together, play together This is the way we play together When we come to Music</p> <p>This is the way we play it slowly...</p> <p>This is the way we play it fast...</p>

	<p>This is the way we play it quietly...</p> <p>This is the way we play it loudly...</p> <p><u>I went to the Olympics and I...</u>(see melody above in Gross motor section)</p> <p>I went to the Olympics and I ran very fast, <i>play quickly</i> Ran very fast, ran very fast. I went to the Olympics and I ran very fast I ran very fast all day</p> <p>I went to the Olympics and I ran very slowly... <i>play slowly</i></p>
Goodbye Song	<p><u>It's time to say goodbye (The Farmer's in his den)</u></p> <p>It's time to say goodbye, x2 Everybody wave goodbye, It's time to say goodbye</p>

Listening

Olympic Fanfare and Theme

John Williams

[John Williams & Berliner Philharmoniker – Olympic Fanfare and Theme - YouTube](#)

This piece of music was composed for the 1984 Olympics. John Williams wanted to write a piece that reflected the spirit of co-operation and heroic achievement.

- What is the purpose of this music?
- How does it make you feel? How does the composer achieve that effect?
- Which instruments can you hear?

Caliban's Dream

Rick Smith/Underworld

[Underworld - Caliban's Dream \(London 2012 Olympics Opening Ceremony\) - YouTube](#)

[Olympic Cauldron is lit for London 2012 - YouTube](#)

"Caliban's Dream" is a track written by Rick Smith of electronic group Underworld for the *Isles of Wonder* opening ceremony of the 2012 summer Olympics in London

- Describe the introduction
- Describe the melody (it repeats)
- Describe the texture (it is made of up of layers of repeating patterns/rhythms)

Chariots of Fire

Vangelis

[Vangelis - Chariots Of Fire - YouTube](#)

Chariots of Fire is a 1981 British film. It tells the fact-based story of two athletes in the 1924 Olympics: Eric Liddell, a devout Scottish Christian who runs for the glory of God, and Harold Abrahams, an English Jew who runs to overcome prejudice.

The music for the film was composed by Vangelis.

- Describe the opening of the piece of music
- Describe the mood of the music
- Which instruments can you hear?
- Describe the melody (it repeats)

Composing ideas

- Compose a fanfare for the opening of the Olympics. Use the notes of the triad: C E G on tuned percussion. Add drums and cymbals to make the fanfare sound majestic and triumphant.
- Compose a song about the Olympics. You could have a specific theme e.g.
“A song about Trying your Best”
“A song about the 100m sprint”
“A song for the opening ceremony”

Younger children may find it useful to use a well-known melody and then set their own lyrics to the melody. For example:

(To the tune of Frere Jacques)

Olympic Games

Olympic Games

Held in Paris

Held in Paris

Celebrating sport

Celebrating sport

Try your best

Try your best