



**1** Warm up your body with '**Jump and Walk the Plank**'.

<https://www.bbc.co.uk/cbeebies/watch/playlist-swashbuckle-party-songs#playlist>

**2** Then join in with '**The Big Ship Sails**'.

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-the-big-ship-sails-on-the-ally-ally-oh/zkpp7nb>