



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

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

2 Warm up your voice by making lots of different sounds for your family to copy.

<https://www.bbc.co.uk/bitesize/articles/z4fgrj6>

3 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>

4 Watch this clip about '**Storm**' by **Benjamin Britten**, a famous British composer. Then draw or paint a picture about a storm at sea.

<https://www.bbc.co.uk/programmes/p02flv5p>