



Useful tracks for movement work

Please see accompanying [Spotify playlist](#)

<i>Homage to Patagonia</i> by Lemon Jelly	Finding different pulse levels
<i>Blue Little Flower</i> Yo Yo Ma	Imaginative work
<i>Everybody Dance Now</i> Red Hot Chilli Pipers	Up-beat pulse work. Energetic.
Minuet 1 from <i>Fireworks Music</i> by Handel	In 3 time. Gentle slow movement.
<i>Vox Balaenae Variation 1</i> by George Crumb	Based on whales/deep sea. No pulse. Imaginative work.
<i>It's Oh So Quiet</i> by Bjork	Alternating slow/quiet with loud and upbeat. Great fun!
<i>The Liberty Bell March</i> (Monty Python)	Very jolly track that keeps a very steady pulse throughout. Good for moving around in space and changing direction after 8 counts.
<i>The Moon</i> by Benjamin Britten	Good for showing long legato lines/circles
<i>Kenny the Kangaroo</i> by Ralph McTell	Entertaining song for bouncing different parts of the body
<i>Jumping Bean</i> by Robert Farnon	Another good one for bouncing
<i>Padstow Lifeboat</i> by Malcolm Arnold	A funny piece played here by brass band. Good for walking in time and making a gesture when you hear the foghorn/signal. Later you hear the boat on the big waves.
<i>Steamboat Willie</i> from <i>Jazz Loves Disney II</i>	Great for jazzy walking

Supported using public funding by



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