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This session's song



LA PLAYA - THE BEACH

Focus word: el sol ~ the sun (ehl sohl)



Mr SUN

1 Oh Mr Sun, Sun
Mr Golden Sun,
Please Shine down on me
Oh Mr Sun, Sun
Mr Golden Sun,
Hiding behind a tree,
All the children are asking you,
To please come out so they can
play with you,
Oh Mr Sun, Sun
Mr Golden Sun,
Please Shine down on me

2 El Señor sol, sol,
Sol dorado,
Brilla sobre mi,
El Señor sol, sol,
Sol dorado,
Escondido por allí,
Los niños te están pidiendo,
Sal y jugaremos contigo,
El Señor sol, sol,
Sol dorado,
Brilla sobre mi,

3 Oh Mr Sun, sun,
El Señor sol
Please shine down on me
Oh Mr Sun, Señor Sol
Golden, dorado,
Please shine down on,
Brilla sobre,
Please shine down on me

Actions

Suggested actions and movement



Start the song by waving your arms side to side in front of your body.



Make a big sun action with your arms for Mr Sun/El Señor Sol.



With both hands on either side above your head, wiggle your fingers and gently bring your arms down to shoulder height to show the sun shining down.



Make a 'tree' with both arms in front of your face then peek out on either side.



Point and wag finger then beckon with hand and make running/playing action with both arms on either side of the body.



Finish the verse with big sun action and shine down action.



Repeat same actions in V2, then sun & shine down actions in V3. Add some jazz hands at the end of you like!



Suggested adaptations

0-6 mths

- You could move baby's arms gently to perform the sun & shining down actions, then cover your face with your hands to play a little peekaboo.
- Alternatively, make a sun shape on baby's tummy with your fingers and gently bring them down over the torso for the 'shine down' action.

6 mths - 1 yr

- Enjoy performing the actions for sitting babies to encourage them to copy your actions and make the movements independently.

1



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Why not try...

The Powerful Sun
~
El Sol Poderoso

Equipment: Opaque object such as a stone or wooden block, dark coloured card or thick paper

- 1 Place chosen object on a piece of dark coloured cardboard of construction paper in a sunny spot like a windowsill. Leave it there for a couple of days.

Investigate together what has happened and why.
- 2 Discuss what impact the sun's rays have had on the paper and what that means for us when we play out in the sun
- 3 Make a checklist together for what you need in order to be sun safe and put it somewhere accessible to check through each time you head out and enjoy el sol!

EFYFS
Curriculum
links

Areas of
Learning

Communication &
Language

Personal, Social &
Emotional Development

Physical Development

Literacy

Expressive Arts and
Design

Resources required:
Space for movement

Observation Opportunities



Copy gestures and words ie - repeated actions in song eg sun shape, hiding behind tree etc.

Show an ability to follow instructions involving several ideas or actions

Use large and small muscle movements to perform actions in song - wide arms and smaller finger movements.

Enjoy songs and rhymes, tuning in and paying attention.

Sing the melody in tune of repeated phrases in song eg. - 'Mister Sun, sun'

