



Hello everyone (you have to imagine me singing that to you!)

I hope you are all having fun going on listening walks in the garden or around the house, playing the spoons or recorders (or chin playing if everyone prefers!) or listening to new music. Maybe you have made some instruments out of your recycling? If you are learning an instrument now is the time to enjoy practising! If that's not enough, lots of musicians around the world have been very busy putting together resources for you to use at home for free! Here are some of my favourites that I think you will like. I am trying to build them into our daily routine at our house too. Lots of them involve really getting active so I'm looking forward to getting really fit!

**9am PE with Joe** - probably lots of you know about this and are already doing this!  
<https://www.youtube.com/watch?v=Rz0go1pTda8>

**11am - Daily live Body Beats** Youtube broadcast from the brilliant **Ollie Turner** from Beat Goes On who taught us how to play the samba instruments and body percussion in school. Who can forget him playing William Tell on his teeth! You can learn new body percussion grooves each day and learn to freestyle! Great fun to do as a mid morning break!  
<https://www.youtube.com/watch?v=bZtr7ptod4k>

**During the day -**

**NYCOS (National Youth Choirs of Scotland)** are singing lots of the songs we sing in class with actions for you to learn at home. Find them here every day: [www.nycos.co.uk/daily-activities](http://www.nycos.co.uk/daily-activities)

**Out of the Ark Music @ home** - have made a weekly singing diary for you to join in with:  
<https://www.outoftheark.co.uk/oatam-at-home/>

And my favourite... and an absolute essential for all members of our STOC choirs and Staff Choir missing our rehearsals!

**5.30 pm - Join Gareth Malone** every day and sing as part of the **Great British Home Chorus**. Sign up here to register and get the free music - <https://decca.com/greatbriishhomechorus/> Watch on Youtube for the daily rehearsals at 5.30: This is the first rehearsal yesterday - <https://www.youtube.com/watch?v=rFgYqP2wUQU>

Join the nation singing along to a well known song he has chosen. He is also looking for instrumentalists to play along and even soloists - we know we have lots of brilliant singers at St Thomas so it could be you! He said yesterday he has GREAT PLANS FOR THIS! And lots of exciting guests will be appearing! Get everyone in your family singing along and doing all the fun warmups with you! I am looking for websites for our instrumentalists so watch this space!

Let me know how you get on!

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