

# Hands, Feet, Heart

## 6-week Suggested Pathway: Planning Document

Step	Listen and Appraise	Musical Activities	Performance	Extension Activities
1.	Hands, Feet, Heart by Joanna Mangona	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Start to learn the song Hands, Feet, Heart	Sing the song	Choose from the suggested ideas
2.	The Click Song sung by Miriam Makeba  Hands, Feet, Heart	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Sing the song Hands, Feet, Heart <b>d.</b> Play instrumental parts	Sing the song and play instrumental parts within the song	Choose from the suggested ideas
3.	The Lion Sleeps Tonight sung by Soweto Gospel Choir  Hands, Feet, Heart	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Sing the song Hands, Feet, Heart <b>d.</b> Play instrumental parts <b>e.</b> Improvise (optional extension activities for improvisation)	Sing the song and improvise using voices and/or instruments within the song	Choose from the suggested ideas
4.	Bring Him Back Home by Hugh Masekela  Hands, Feet, Heart	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Sing the song Hands, Feet, Heart <b>d.</b> Play instrumental parts <b>e.</b> Improvise option (optional extension activities for improvisation) <b>f.</b> Compose	Sing the song and perform composition(s) within the song	Choose from the suggested ideas

<b>5.</b>	You Can Call Me AI by Paul Simon  Hands, Feet Heart	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Sing the song Hands, Feet, Heart <b>d.</b> Play instrumental parts <b>e.</b> Improvise option (optional extension activities for improvisation) <b>f.</b> Play your composition(s) within the song	Choose what you perform today. Start to prepare for the end-of-unit performance	Choose from the suggested ideas
<b>6.</b>	Hlokoloza by Arthur Mofokate  Hands, Feet, Heart	<b>a.</b> Warm-up Games <b>b.</b> Flexible Games (optional) <b>c.</b> Sing the song Hands, Feet, Heart <b>d.</b> Choose and play any of the options below, then decide which one to practise for the end-of-unit performance: . Play instrumental parts . Improvise option (optional extension activities for improvisation) . Play your composition(s) within the song Choose and play any of the options below, then decide which one to practise for the end-of-unit performance	Prepare for the end-of-unit performance	Choose from the suggested ideas