



MUNDO HELADO – FROZEN WORLD



This session's
song

Focus word: penguin - un pingüino (oon peenh-gweeh-noh)

Penguin Dance ~ El baile de los pingüinos

(Based on 'I Like to Eat Apples and Bananas')



¡Vamos a movernos como los pingüinos!
We are going to move just like penguins!
But how do they move?
¿Pero cómo se mueven?

Primero - andar! First let's waddle...

Anda, anda, anda como un pingüino,
Waddle, waddle, waddle like a penguin,
Anda, anda cómo un pingüino,
Waddle, waddle, waddle, like a penguin

¿Y qué más hacen los pingüinos?
What else do penguins do?

Se deslizan sobre el hielo ~
They slide on the ice!

Deslízate, te, te sobre el hielo,
Slide, slide, over the ice,
Deslízate, te, te, sobre el hielo,
Slide over the ice.

¿Y qué más hacen los pingüinos?
What else do penguins do?

Naden en el agua, ~ They swim in the water!





Nada, nada, nada en el agua,
Swim, swim, swim in the water,
Nada, nada, en el agua,
Swim, swim, swim in the water.

Ahora, now, let's try all three!
Vamos a mover como el pingüino con las tres
acciones...listo...

Anda, anda, waddle waddle,
Deslízate, deslízate, slide, slide,
Nada, nada, swim, swim
Pingüino, pingüino, penguin!

standing

Suggested actions & movement

-  Start with a waddling penguin action with arms kept closely to the sides of the body, palms facing downwards and legs together whilst only moving feet.
-  Next, slide either on the floor on tummies, or stay standing and move bodies forward while pushing arms back to make a sliding motion.
-  Then, make a swimming action around the room to be pingüinos en el agua!
-  Finish by repeating all three actions in the final verse and do your best pingüino pose!

Suggested adaptations

Babies

- Get up and moving with baby, first, waddle them around the room.
- Next, gently lift them up and fly them around like they're sliding on the ice.
- Then, hold them close and move their arm together with yours in a cycling action like you're swimming together.
- Have fun repeating all three actions and being pingüinos.



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EYFS
Curriculum
links

Areas of
Learning

Communication &
Language

Personal, Social &
Emotional Development

Physical Development

Understanding the
World

Expressive Arts and
Design

Resources required:
None

Integrate it by:

Use the structure of this song in your PE lesson
Set up a space for waddling, 'sheets of ice' (mats)
to slide on and a pool of water by place benches
in a square for your pingüinos to swim in.



Observation Opportunities

Listen & respond to a simple
instruction by copying actions in
song

Show an ability to follow
instructions involving several
ideas or actions

Negotiate space carefully when
moving within a group

Understand the characteristics
of a penguin - waddling, sliding
and swimming.

Take part and engage in simple
pretend play acting as a penguin.



Why not try...
Feed the
penguin!



¡Alimenta al pingüino!

Equipment: Small pringles type tubs with lids, black paper,
black and white paper, craft foam or thick card, felt tip pen

1. Discover and learn together what type of food penguins like to eat.
2. Decorate the pringles type tub as a basic penguin's body with black and white paper - this doesn't need to be too laborious.
3. Make a slot in the plastic lid of the tub wide enough to fit foam/cardboard squares.
4. Cut small squares out of the foam/card and draw fish, squid and krill if desired!
5. Let the children 'feed the penguins' counting up in ones as they go.

