



EL PARQUE - THE PARK



Focus word: the swings ~ el columpio (ehl koh-luhm-pee-yoh)

This session's song

The Swings ~ El Columpio

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| <p>① The swing goes up and down
Arriba y abajo va el columpio
Up up up
Arriba arriba
Down down down
Abajo abajo
The swing goes up and down
Arriba y abajo va el columpio</p> <p>② I swing forwards and backwards
Adelante y atrás me columpio
Forwards forwards
Adelante adelante
Backwards backwards
Atrás, atrás
I swing forwards and backwards
Adelante y atrás me columpio</p> | <p>③ I swing high and low, high and low
Alto y bajo me columpio
High high high
Alto alto alto
Low low low
Bajo bajo bajo
I swing high and low,
Alto y bajo me columpio</p> <p>④ Up up up, Arriba arriba
Down down down, Abajo abajo
Forwards forwards
Adelante adelante
Backwards Backwards
Atrás, atrás,
High high high, Alto Alto Alto
Low low low, Bajo bajo bajo
I love the swing swing swing
Me gusta, me gusta,
El columpio</p> |
|--|---|

Standing

Suggested actions and movement

START
HERE

- ① Swing arms up high in front of the body, then bring them down low bending the knees at the same time.
- ② Turn to one side Swing arms out in front and step forwards, then move arms back and rock back on one foot to show backwards movement.
- ③ Swing arms up across the body and reach up high, then swing then down and crouch on the ground.
- ④ Repeat actions from all three verses one after the other then make a heart shape with your hands and swing en el columpio.

END
HERE

0-sitting

Sitting babies

Suggested adaptations

Enjoy lifting baby up and down, moving forwards and backwards while cradling them, then high and low in your arms.

Sit with baby in front of you and perform the actions holding their hands and gently guiding them along with the actions. Encourage them to lift their arms independently once they're used to the actions.



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Why not try...

Swing alphabet

~
El alfabeto del columpio

On a visit to the playground ~ el parque infantil, engage little one's brains with a game while they're swinging!

Get them to say the letter of the alphabet on each forwards and backwards movement, then challenge them to spot something in the park that starts with each letter. Give a countdown to keep the game moving and if they can't find something beginning with that letter, then they can pass by saying 'pasa' on to the next letter.

This game can be adapted for younger children by the adult saying the letters of the alphabet to get the children to copy. And if you know it in Spanish, it's the perfect time to practice and for them to learn it too.

EFYFS
Curriculum
links

Areas of Learning

Communication & Language

Physical Development

Personal, Social & Emotional Development

Literacy

Expressive Arts and Design

Resources required:
None

Adapt it by:
Applying the directional vocabulary to other things that go up and down, stairs, lifts, aeroplanes etc.

Observation Opportunities



Copy gestures and words in songs using the correct action for direction.

Use and remember sequences & patterns of movements related to music & rhythm.

Show an ability to follow instructions involving several ideas or actions

Understand and repeat vocabulary for direction.

Take part in simple pretend play by carrying out swing actions.