

# Head Up – Shoulders Back

An action song for children

Words and Music: Judy Lane



## Head Up – Shoulders Back

Head up, shoulders back. One, Two, Three, Four.

Head up, shoulders back. One, Two, Three, Four.

Head up, shoulders back. One, Two, Three, Four.

That's the way to be.

Head up, shoulders back. One, Two, Three, Four.

Head up, shoulders back. One, Two, Three, Four.

Head up, shoulders back. One, Two, Three, Four.

That's the way to be.

Please don't be like Mister Woodlouse

who curls up in a ball.

What we need is each one of us to grow up straight and tall

Head up, shoulders back. One, Two, Three, Four.

Head up, shoulders back. One, Two, Three, Four.

That's the way to be.

# Head Up - Shoulders Back

An action song for children

♩ = 90

Words and Music: Judy Lane

Voice

Piano

*mf* *p*

repeat until children are in place,  
then march on the spot until A

A  
*mf*

Head up, shoul - ders back. One, two, — three, four.

Pno.

*p* *mf*

Head up, shoul - ders back. One, — two, — three, — four, — Head up, shoul - ders back.

Pno.

12 *f* *mf*

One, two, — three, four. — That's the way to be. Head up, shoul - ders back.

Pno.

16

One, two, — three, four. Head up. shoul - ders back. One, — two, — three, — four. —

Pno.

19

Head up, shoul - ders back. One, two, — three, four. That's the way to be.

Pno.

# Some of Judy Lane's other songs and instrumental music for school children and junior choirs

This music is useful for concerts, assemblies and parents evenings, or just as a way of introducing some wonderful poetry. Easy to sing with easy piano accompaniment, some use percussion, cello, flute or recorder.

## SONG BOOK FOR SCHOOL CHILDREN

12 'Fun To Sing' **Songs With A Message, Famous Poems, Fables, Parables and More ....**

This varied selection of songs is ideal for primary/junior school class singing or choir:

### POEMS

#### **Sea Fever**

An atmospheric setting of that wonderful poem by John Masefield.

#### **Four Animal Poems**

**The Donkey** - G K Chesterton. **The Bells of Heaven** - Ralph Hodgson (optional cello accompaniment).

**On A Cat Ageing** - Sir Alexander Gray. **Mice** - Rose Fyleman.

#### **Silver**

Another totally atmospheric setting of this poem by Walter De La Mare.

#### **The Peace Pipe**

A through setting for solo voice from Henry Wadsworth Longfellow's 'The Song Of Hiawatha'.

#### **The Owl And The Pussy-Cat**

Edward Lear's famous nonsense poem - This piece is for children to sing with piano accompaniment. Easy learn, easy sing, easy play and lots of fun.

#### **The Robin**

With words by Judy, this song describes a robin who sits on the garden wall and sings as she plays her piano.

## MUSIC WITH A MESSAGE

#### **Head Up Shoulders Back**

Fun song with optional actions, but also a serious health message - that 'Department is Important'.

#### **A Culinary Tale**

This fun song for school children is about the very topical subject of food waste. "Don't send your food to a landfill tip when it should be on your plate".

#### **The Hare And The Tortoise**

A junior school adaptation of Aesop's famous Fable which children, singing as a group, will love.

#### **Smiling**

An easy to learn, fun song for children of all ages. Let's all smile and pass on happiness.

## INSTRUMENTAL

#### **The Peaceful Dove**

A calm, easy piece for 2 violins and piano, ideal for an end of term concert or just for enjoyment.

#### **The Stately Swan**

Serene like the swan with continuous unseen paddling, this is an easy piece for 2 violins and piano. Again ideal for an end of term concert or just for enjoyment. Other instruments could replace the violins - for instance flutes.

#### **The Robin**

An instrumental version of the children's song above. This easy piece for piano and 2 violins can also be for piano and flutes and is ideal for an end of term concert

## MUSICALS

#### **The Pied Piper Of Hamelin**

Adapted from Robert Browning's version of the famous legend, this 40-minute musical with a happy ending can include non singing children dressing up as Rats and Children and maybe a willing Dad singing the part of the Mayor.

#### **The Garden**

A musical based on the story 'The Selfish Giant' by Oscar Wilde. It is told effectively in words and music and is an ideal end of term performance lasting approx. 40 minutes. The production lends itself to either a concert or stage presentation.

## CHRISTMAS

#### **The Magic Sleigh Ride**

The Magic Sleigh Ride is an easy piece for all children to learn and play in the classroom. An opportunity for a class to have fun making music

**See opposite page for more school children's Christmas music**

**What the critics say:** "Judy's music is like a Breath of Fresh Air!" -*Stephen Carleston*

"Excellent vocal range covered - ideal for young developing voices" -*Fiona Chrissydes*

"Judy has a flair for setting words to singable melodies" -*Malcolm Pearce*

"Clever 2-part writing, ideal for children beginning to sing in parts" -*Fiona Chrissydes*