

Musicians

Piano: *Lyn Sarsfield*

Percussion: *Conor O'Hara*

Production

Producer: *Aidan O'Hara*

Sound: *Fred Meijer*

Artwork/Design: *Terry Bannon*

Music Credits: *L. Sarsfield and J. O'Hara*

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Thanks

I am most grateful to my husband, Aidan O'Hara, who encouraged me from the start, and has supported me ever since; thanks also to the teachers and children of St. Nicholas Montessori School and College, Dún Laoghaire, Co. Dublin, Ireland, especially the former Director, Síghle Fitzgerald, who was always so supportive.

Other CD Titles

- Children's Action Songs
- The Alphabet Through Song
- Four Seasons - Action Songs
- Addition & Subtraction Tables in Song
- Multiplication & Division Tables in Song
- The Christmas Season
- An tAmhránaí Óg
- Canaimis le Chéile

CONTACT Ashton Productions, 9 Chestnut Close, Clonbalt Woods, Longford, Ireland

TEL/FAX 04331728, from abroad (+353) 4331728

EMAIL info@ashtonproductions.ie

WEBSITE www.ashtonproductions.ie

Children's

Let's Move to music



With Joyce O'Hara and Lyn Sarsfield, piano

Let's Move to music

Rhythm is a fundamental element in helping children learn the basics of music. We can see how even the youngest infant will react naturally to music and rhythm. This CD will be of great benefit to children in helping them develop rhythm and the dynamics of music.

Music and rhythm also help the child to develop self-expression and self-confidence, both of which are fundamental in establishing a feeling of well-being.

This CD is easy to follow. There are six sessions, each containing a variety of rhythms and moods for the children to explore. At the start of each track, I offer a suggestion of what kind of movement can be done. Of course, you the teacher or parent - or the child, indeed - can respond creatively to the music and rhythm, each in his or her own way, e.g. using percussion instruments.

My friend, Lyn Sarsfield, has provided excellent accompaniment on the piano in *Let's Move to Music*. She brings a lot of experience in playing piano from her work as a teacher and vice-principal at Newcourt School, Bray, Co. Wicklow.

Joyce O'Hara



Joyce O'Hara introduces each piece of music, and suggests what actions, or movements the children might do as they listen to the various tempos and rhythms.

Session 1: Marching • sweeping • galloping • walking • skipping • dancing moving fast & slow • listening & relaxing. **Dur. 9mins 20secs**

Session 2: Marching • waving up & down • listening to 'high' & 'low' • galloping • moving slowly • stretching • playing the piano & listening • listening & relaxing. **Dur. 9mins 16secs**

Session 3: Marching • taking tiny steps • skipping • rowing your boat • trotting • hammering • flitting like a butterfly • listening & relaxing. **Dur. 7mins 50secs**

Session 4: Marching • skipping • pulling on a rope • running • swaying • hopping • driving a car fast & slow • listening & relaxing. **Dur. 8mins**

Session 5: Marching & clapping • moving in time to music • skating • moving like a puppet • walking • rocking from side to side • pony riding-fast & slow • listening & relaxing. **Dur. 8mins 48secs**

Session 6: Marching • taking big steps • fly your kite • moving hands up high & down low • climbing a hill • skipping • pulling on the bell ropes • the 'together song'. **Dur. 8mins 50secs**