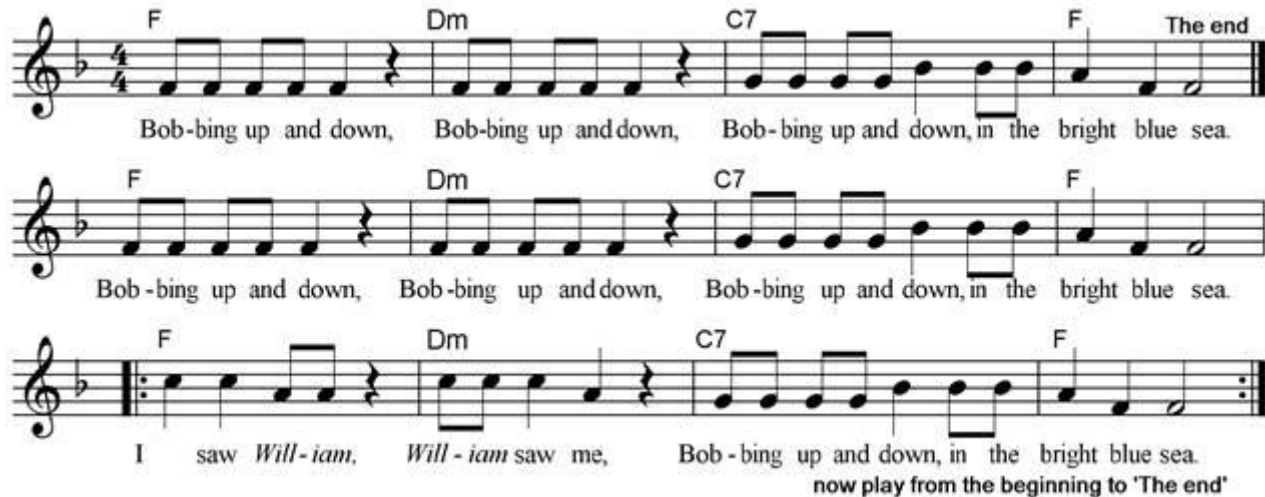


# Bobbing up and down (1)

<https://riverofsong.uk/>

*A song to help children's confidence in the water as they bob shoulders under the surface and learn to jump buoyantly in the swimming pool. The game can be played: individually, with a partner, in a line holding waists or in a circle holding hands - depending on the aptitude of your children. Find out what works best! Words and music by Dany Rosevear*

***Bend and straighten knees to bob up and down. As partners become adept they could alternate bending and straightening movements. There will be lots of giggles as they attempt this! Hold hand to eyes to spy child mentioned. Encourage bouncy jumps. Swing arms to march around room with high knees. Ask children for other suggestions.***



The musical score is written in 4/4 time with a key signature of one flat (B-flat). It consists of three staves of music. The first two staves are identical and contain the lyrics: "Bob-bing up and down, Bob-bing up and down, Bob-bing up and down, in the bright blue sea." The third staff contains the lyrics: "I saw Will-iam, Will-iam saw me, Bob-bing up and down, in the bright blue sea. now play from the beginning to 'The end'". Chords are indicated above the notes: F, Dm, C7, and F. The piece ends with a double bar line and the words "The end".



Bobbing up and down, Bobbing up and down,  
Bobbing up and down, in the bright blue sea. x2

I saw -----, ----- saw me,  
(Add a different child's name each time)  
Bobbing up and down, in the bright blue sea.

Jumping up and down...

Marching up and down...