

**Song Title:** Rise Up

**Artist:** Andra Day

**Genre:** R & B

**Original Key:** D flat Major

**Our Key:** B flat Major

**Important Notes For Teachers**

* Only use The Big Sing tracks and demo tracks for teaching all songs (keys, structures and some lyrics have been altered in some songs)
* If parts of the lyrics are highlighted in bold, this means that the children only sing these parts of the songs.
* The tracks and demo tracks are downloadable which means they can easily be shared for preparation for homework if needs be.

**Possible Curricular Objectives**

**S.P.H.E/Drama.**

* Realise the importance of talking to others.
* Describe what a good listener looks like.
* Practise being a good listener.
* Discuss and act out scenarios where someone wants to talk to someone about their feelings.
* Circle Time: Mental health and looking after our minds

**Music**

* Enjoying listening and responding to music.
* Compare and contrast slow/fast parts of the song.
* Keep the beat of the song when performing.
* Explore different rhythms and melodic movements in the song.
* Explore and identify the structure of the song.
* Identify different instruments in the song.
* Become aware of loud and soft moments in the song (dynamics).
* Discussing personal preferences and comparing songs chosen for the Big Sing.
* Perform and record singing to listen back to and self assess.

**Literacy**

* Song writing (using elements like repetition, exploring syllabic movements and rhyming words).

**Rise Up Lyrics**

*Guest Performer*

You're broken down and tired  
Of living life on a merry go round  
And you can't find the fighter  
But I see it in you so we gonna walk it out  
And move mountains  
We gonna walk it out  
And move mountains

**And I'll rise up  
I'll rise like the day  
I'll rise up  
I'll rise unafraid  
I'll rise up  
And I'll do it a thousand times again**

**And I'll rise up  
High like the waves  
I'll rise up  
In spite of the ache  
I'll rise up  
And I'll do it a thousand times again**

For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**

When the silence isn't quiet  
And it feels like it's getting hard to breathe  
And I know you feel like crying  
But I promise we'll take the world to its feet  
And move mountains  
Bring it to its feet  
And move mountains

**And I'll rise up  
I'll rise like the day  
I'll rise up  
I'll rise unafraid  
I'll rise up  
And I'll do it a thousand times again**

For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you

All we need, all we need is hope  
And for that we have each other  
And for that we have each other

And we will rise  
We will rise  
We'll rise, oh, oh  
We'll rise

**(We will rise, We will rise, We will rise, We will rise …Woahhhh)**

I'll rise up  
Rise like the day  
I'll rise up  
In spite of the ache  
I will rise a thousand times again

**And we'll rise up  
Rise like the day  
We'll rise up  
In spite of the ache**

**We’ll rise up  
And we’ll do it a thousand times again**

**And we'll rise up  
High like the waves  
We'll rise up  
In spite of the ache  
We'll rise up  
And we'll do it a thousand times again**

For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**  
For you **(you-u-u-u-u-uuu)**