

## Warm up

Loosen up! Stand up and loosen up! Give each leg a shake, right leg...left leg...right arm... left arm...your body. Now loosen your face...pretend you are chewing a big toffee.



## Lesson

- Listen and respond to the music video below and watch episode 1 of the story.
- This relates to the story of the Helen of Troy.

https://www.bbc.co.uk/teach/school -radio/music-ks2-heroes-of-troy-1-isit-love/zrmht39

