

**Intergenerational Music Making & Youth Sport
Trust present: Move & Groove**

TOP FIVE TIPS FOR MOVING & GROOVING INTO A HEALTHIER NEW YEAR

INTRODUCTION

The health of the UK's ageing population was a focus of the Chief Medical Officer for England's [annual report for 2023](#).

According to the report, exercise, mental stimulation and a social network can help improve the quality of life for older people and people of all age groups planning to maximise their independence and minimise time spent in ill health in later life.



ABOUT MOVE & GROOVE

Move & Groove set out to combine the benefits of music and movement, whilst encouraging connection between generations to tackle some of the key issues impacting society today including loneliness, isolation, and anxiety. During the pilot, schools and care homes across England were paired together and staff from each setting were trained to run an intergenerational project. The 6-week project then saw groups of school aged children visiting care home settings where they joined residents for fun music and movement sessions which included singing, dancing, and ball games. At the end of the sessions the residents and young people got time to chat and get to know each other.

MOVE & GROOVE

Move & Groove is an award-winning intergenerational music and movement project which encourages movement, mental stimulation and creates a social network that connects people of all generations. The successful pilot project was proven to improve the wellbeing of people of all ages who took part.



Developed by leading organisations in the fields of music and movement [Intergenerational Music Making \(IMM\)](#) - a pioneering not-for-profit which delivers programmes, training, campaigning & research to improve the mental and physical wellbeing of the old and the young in communities across the UK and [Youth Sport Trust](#) a national children's charity working to create a future where every child enjoys the life-changing benefits of play and sport. Move & Groove was awarded the Physical Activity and Active Ageing award at the International Sport and Culture Association awards.

PHYSICAL FUN WITH MUSIC: FIVE EXPERT TIPS FOR ALL AGES AND ABILITIES

1. SELECT A DIVERSE PLAYLIST:

Choose a range of music that spans different genres and eras. This allows you to cater to a variety of tastes and preferences, ensuring everyone can find something enjoyable.

Include familiar tunes from different decades to evoke memories and create a sense of nostalgia for older participants, while also incorporating more contemporary songs that may appeal to a younger audience.

IMM'S SPOTIFY PLAYLIST:

Check-out [IMM's playlist](#) on Spotify which includes some of the below songs.

Born to HandJive – Grease the Musical
Bring Sally Up – Moby Flower
Candyman – Christina Aguilera
Cha Cha Slide – DJ Casper
Hey Jude – The Beatles
Hokey Cokey – Black Lace
I Get Around – The Beach Boys
I'm Gonna Be – The Proclaimers
Let It Go – Disney Frozen
Let's Go Fly a Kite – Mary Poppins
Lovely Day – Bill Withers
Michael Finnergan – The Wiggles
Oh When the Saints Go Marching In – Louis Armstrong
Our House – Madness
Praise You – Fatboy Slim
Roxanne – Police
Surfin' in the USA – The Beach Boys
Tubthumping – Dubish Heroes

2. MAXIMISE ADAPTABILITY & INCLUSIVITY:

Keep in mind the varying physical abilities and energy levels of the participants. Before choosing the activities learn about the specific needs and characteristics of the communities you will be working with. Adapt the activities if needed, so all participants can engage with them, this will usually require modification of movements or adaptation of the complexity of the activity.

Design movements that can be adapted to different levels of mobility and fitness. Think about the room layout. Whether sitting or standing a circle formation will encourage interaction. Make sure participants have enough space to get up and get active and encourage standing and moving. Alternate younger and older people in the circle to help encourage connections.

Encourage participants to move at their own pace and provide seated options for those who may have limited mobility. Ensure that the movements are inclusive and accessible to everyone.

3. INCORPORATE MULTISENSORY ELEMENTS:

Engage multiple senses by incorporating not only music but also visual and tactile elements. Use colourful props and resources including:

- Scarves
- Beach balls
- Exercise balls
- Hula Hoops
- Parachute
- Simple instruments like tambourines and drums will also enhance the sensory experience.

EXERCISE IDEAS:

- Pass the Parcel
- Simple Stretching
- Action Through Song
- Boccia (precision ball sport)
- Body Percussion
- Balloon Volley Ball Catch
- Conducting
- Hand Jive
- Drumming
- Linking Mood to Music

4. FACILITATE SOCIAL INTERACTION:

Design activities that encourage social interaction and connection. Group dances, partner movements, or circle activities can promote a sense of community. Incorporate moments for participants to share their favorite songs or memories related to the music, try writing a song together to encourage conversation and create a positive social atmosphere.

THE YOUTH SPORT TRUST

The Youth Sport Trust is the UK's leading youth sport charity for improving wellbeing through sport and PE. It empowers young people and equips educators to transform lives through sport and play. Founded in 1995, it works with around 20,000 schools around the UK. Its vision is to create a future where every child enjoys the life-changing benefits of play and sport.

5. ENCOURAGE CREATIVITY AND PERSONAL EXPRESSION:

Provide opportunities for participants to express themselves creatively through movement. Allow for improvisation and personal interpretation of the music. Integrate storytelling or song writing, giving participants the chance to use movement as a form of self-expression and creativity.

Approach each session with flexibility and a willingness to adapt based on the participants' needs and preferences. The key is to create an inclusive and enjoyable experience that promotes physical activity, social engagement, and emotional well-being for both young and old participants. Allow time at the end of the session to discuss favourite and less enjoyed activities, share ideas, agree plan for next session together.

Start off with a small group and invite more people to join as confidence grows. By combining music and movement you can spread joy and improve the quality of life not just for older people, but for anyone, of any age hoping to grow old in the best of health.

INTERGENERATIONAL MUSIC MAKING

Intergenerational Music Making is a national not-for-profit organisation which delivers programmes, training, campaigning & research to improve the mental and physical wellbeing of the old and the young in communities across the UK.

IMM works closely with care homes, schools, hospitals, musicians and creatives, sharing expertise to deliver and embed a culture of intergenerational practice.

IMM is at the forefront of advocating for society and communities across England to become more integrated, inclusive and intergenerational.