

Music and Movement

Cricket Calypso – Soul Limbo

Introduction

Many residents will have enjoyed watching cricket in person or on the television. Others will have been, and still may be, fans of the marvellous ball-by-ball coverage on BBC radio's *Test Match Special*.

The BBC has for many years used Caribbean calypso music as the theme tune for their cricket coverage. The music used is called *Soul Limbo* – it has become very well-known and is synonymous with cricket and summer.

The music is lively and upbeat. Make this a really energetic and fun exercise session.

Resources

Have the flags of some of the Caribbean nations to wave.

Get as many people as possible to join in with percussion instruments – tambourines, drums (metal ones if possible), tins with drum sticks, etc – all aiming to create as close a sound to a Caribbean steel band as possible.

You will need a good sound system. There are good versions of the BBC cricket calypso *Soul Limbo* on YouTube.



What To Do

Start with a gentle warm-up exercise, stretching and raising arms, and waving the flags of the different nations.

Play *Soul Limbo*. Get everyone to join in as much as possible, with plenty of body movement.

Hand out the percussion instruments. Play *Soul Limbo* again, and create as much sound as possible to the fast beat.

Well worth another go – and rest!

