

Upbeat during Lockdown w/c 4th May 2020

This session uses games, body percussion, singing and movement to explore rhythm, pulse and phrase.

1. 'Finger Dance,' Top and Tum' and 'Nose Ear Slide'

Pupils copy body movements in time with a crotchet (slug) or quaver (spider) pulse beat.

2. 'Around the House Rhythm'

Pupils collect three objects from around the house and learn how to make a body percussion rhythm from speaking and clapping the names of the objects. They perform a piece over a backing track taking turns with the teacher. This game explores structure, rhythm and pulse.

3. 'Crazy Counting'

Pupils sing the melody from 'Knees up Mother Brown' using the numbers 1, 2, 3, 4, 5. The numbers repeat on a loop but do not fit the melodic phrases well. Pupils are challenged to keep going through the number sequence and to better understand what a phrase is.

4. 'Move it!'

A song encouraging pupils to copy and create funky moves to the music. The chorus provides a lively and exciting sing which should lift the mood and promote wellbeing.