



10–15 mins

1. Warm up Game

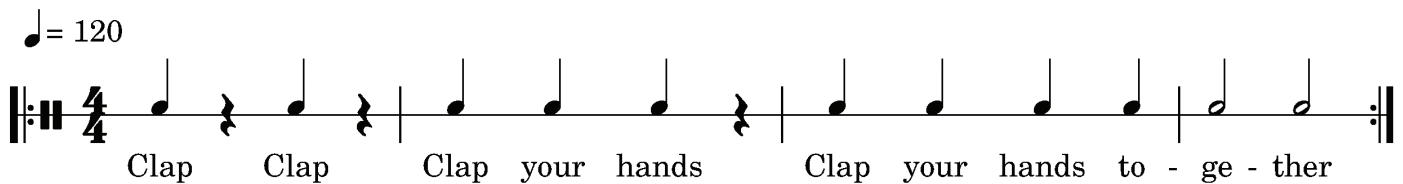
Clap, Clap, Clap Your Hands

Start a steady pulse by clapping your hands. Don't worry about going quickly, just focus on keeping your timing steady.

Then, say the rhyme below inviting the class to join in with the actions:

Clap, clap, clap your hands, clap your hands together
Tap tap, tap your head, tap your head together
Stomp, stomp, stomp along, stomp along together

♩ = 120



Clap Clap Clap your hands Clap your hands to - ge - ther

Get further suggestions from the children and make up other verses. Actions that can be performed to keep a steady beat in particular work best for this game.



5 mins

2. Main activity

Patterns

Watch the Funky Elephant Walk episode of *YolanDa's Band Jam*. At 0:49 in the video, YolanDa introduces different music patterns to copy. Those patterns are called rhythms.

Using a class black/whiteboard or similar, draw (or stick) four footprints, evenly spaced apart. Point to each print in turn keeping to a steady beat and encourage the kids to say "Stomp!" or stomp their feet once for each picture. Practice this a few times.

Repeat this with four handprints that indicate the class to clap when one is pointed to. Go through performing this pattern a few times, too.

Objective and Musical Focus

Rhythm; Pulse

Instruments?

No

Accessibility

Suitable for Vision, Motor, Hearing and Cognitive impairments with minor adaptation.



Now show a pattern of two feet and two hands. Ask the class how this pattern would be performed.

Show a variety of stamping and clapping patterns, each containing four actions, and play them through with your class.

Extension

Use the foot and hand print cards to make up and 'play' some different patterns. Let the children decide!



Play a game of 'Follow the leader'. First the teacher makes the musical patterns for the children to copy, this time without the hand and footprints. Keep them short and simple. To use some patterns from Funky Elephant Walk as an example:

Stomp, Stomp, Stomp, Stomp
Stompy, Stompy, Stomp, Stomp
Stomp, Stomp, Stompy, Stomp

Along with saying the words in the rhythm, use corresponding actions - for example, a single step for 'Stomp' and two steps for 'Stompy'.



You can watch the *Forbidden Rhythm* video in the Teacher Techniques section on our website for more tips on playing a call-and-response game.

As the class get used to the game, switch things up by moving around the room when performing a pattern and challenging the children to both match your sound and movement. You can also vary how loud or quiet the pattern is or perform on instruments if you have any available.





3. Ending the session

Wind down with the class singing one of the following songs, repeating several times until the class settles. Don't worry if you're not an expert singer, focus on clearly vocalising the lyrics.



To the tune of *Farmer's in the Den*:

**It's time to tidy up, it's time to tidy up,
Music time is ending now, it's time to tidy up**

To the tune of Frere Jacques:

**Time to stop now/ Time to stop now
All sit down/ All sit down
Music time has ended/ Music time has ended
Calm and still/calm and still**

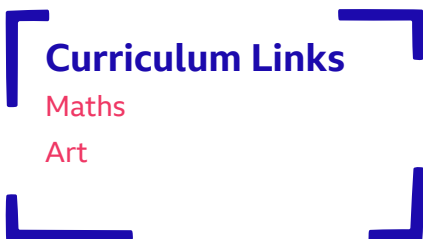
4. Troubleshooting

It can sometimes be hard to keep to the beat steady. When setting the beat, don't worry about going quickly, just accurately.

Encourage the children to say and clap/stamp. Keep listening and keep practising.

Don't discourage any child if they can't do it immediately, just keep supporting and demonstrating.

If the children find it hard to coordinate their feet when making the rhythm patterns, encourage them to clap, tap their knees/thighs etc. instead.



Curriculum Links

Maths

Art