



5–7 mins

# 1. Warm up Activity

## Forbidden Rhythm

This game can be played as a whole class, in small groups or in pairs and is also a great way of getting everybody's attention when you need it! You can watch this activity demonstrated in the Teacher Techniques video collection.

### Objective and Musical Focus

Pulse; Rhythm;  
Playing as an ensemble.

**Instruments?** No, unpitched percussion optional

### Accessibility

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

Choose one player to be the leader, which should be the teacher the first few times you play the game. This person claps a variety of short, simple rhythms and the rest of the class copy them straight away. This is called 'call and response'. Try and keep a steady pulse as you go from one rhythm to the next.

The leader will choose one rhythm that will be a 'forbidden rhythm' and when the leader plays that, the rest of the class do nothing, like a game of 'Simon Says'. If somebody copies the forbidden rhythm by mistake, they are out!

After a few rounds clapping, try playing the rhythms using different parts of the body, or with musical instruments.

To make this game more advanced, try adding more forbidden rhythms or adding a rhythm that means the children have to do an action like putting their hands on their head.





10 mins

## 2. Song: *Bring the Noise Theme*



Have a listen to the *Bring the Noise Theme* song.

Teach your class the following section from the track:

**You know what time it is  
If not I'll tell you so  
Bring the noise! Bring the noise!  
Come on and feel the beat  
To make you stamp your feet  
Bring the noise! Bring the noise!**

Come up with some actions along with your class and practice this and the singing along to the track! Remember, you can use the *Bring the Noise: Play It!* interactive tool to mute the lyrics of the song if required.



Play the song *Bring the Noise Theme* using *Bring the Noise: Play It!* interactive tool on our website.



20 mins

## 3. Main Activity

### Bring the Noise Rhythm Machine

This activity can be done using body percussion sounds or with unpitched percussion instruments.

Arrange your class so they are sat in a circle with their instruments in front of them.



The teacher begins the activity by playing a short, simple rhythm that repeats over and over again using body percussion sounds. The child sitting to the right of the teacher then adds their own rhythm, so now there are two different rhythms playing at the same time.



Encourage this child to try compose something that fits along with the pulse and something that isn't so complicated that they can't play it! As before, once this child has started, they must repeat their rhythm over and over again and cannot change it.



The next child along adds a rhythm and so on until everybody in the circle has added a rhythm.

Encourage the children to take their time before adding a rhythm and listen to how one part can make a huge difference to the overall sound.



Once you have ran the activity using body percussion have a discussion with your class about what was good about that round and what could we do/would we change to make it even better?

Repeat the activity but this time using unpitched percussion instruments. This might mean some children have to change the rhythm they played in the body percussion round.



Once everybody has added their rhythms, the teacher can then step into the circle and act as a conductor and control when children can stop and restart playing, and the dynamics (how loudly and quietly) they want the ensemble to play. Agree with the class on some simple gestures to represent these instructions.

After the teacher has conducted the ensemble, invite a child to take over conducting.



For more activities around playing in unison, try the 'Pat Pat Gap' video in the Teacher Techniques section of our website.



## 4. Troubleshooting

When playing ‘Forbidden Rhythm’, try and keep a steady pulse throughout the activity; it helps the children play their rhythms accurately.

When playing the ‘Rhythm Machine’ activity it is important that your rhythm is not too complicated and maintains a regular and steady pulse. This will allow the children to be creative with their own rhythms and play them with confidence.

The Bring the Noise: Play It! interactive tool has a ‘Feel the Beat’ mode that visually displays a song’s pulse.

If a child is struggling to think of a rhythm to play encourage them to take their time and listen out for the gaps in the sound and try and compose something that fills them. You could also ask them to think how they would ‘play’ the syllables of their name along to what’s already going on, and add that rhythm.

## 5. SEND Advice

### Warm up Activity

- Note when pupils are caught out, but they’re not out of the game.



### Key words

**Body Percussion:** sounds made using your body.

**Conductor:** the person who leads an ensemble of musicians.

**Dynamics:** the volume of a sound.

**Unpitched Percussion:** percussion instruments that don’t have pitches, for example a drum or wood block.

**Pulse:** a steady beat, like a ticking clock.

**Rhythm:** a pattern of long and short sounds.