



6–8 mins

1. Warm up Activity

High-Low

High-Low is a great game to introduce children to the concept of pitch. You'll need an instrument that has at least 2 different pitches for this game and sounds that ring out more; chime bars or glockenspiels are preferable.

Explain to the children that you have two different sounds; one high sound and one low. Pitch is the word we use in music to describe if the sound is high or low.



An example of usable pitches for this activity on a keyboard.

When you play the high pitched sound to the low pitched sound, the children have to sit down. In reverse, if you play from low pitch to high pitch, the children have to stand up.

Encourage the children to listen before they move as you could trick them by playing two notes that are the same pitch for example, or by playing from low to high, when they are already stood up.

Objective and Musical Focus

Pitch; Dynamics;
Composing; Singing

Instruments?

Yes - Pitched instruments (e.g. xylophone, chime bars)

Accessibility

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



When selecting which two notes to use for this game, try and use notes that are five notes apart.



10 mins



2. Song: *Hands in the Air*

Listen to the song *Hands in The Air* and explain to the children that we are going to learn the chorus. In this song, the chorus is performed as a 'na' in between the lyrics.

In the original song, the singer calls out various actions for you to do, for example:

Put your hands in the air like you don't care

Challenge your class to compose some new lyrics and actions to replace these sections.

Perform the song with the track but this time with your new lyrics/actions, as well as the chorus.



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





20 mins



You can watch an example of this in the Teaching Rhythms video in the Teacher Techniques collection.



The *Bring the Noise: Play It!* interactive tool has a 'Make Some Noise' mode with high and low toned sounds that can be used.

3. Main Activity

Improvising Using Pitch

For this activity you will need your children to pair up and play instruments that have different pitches.

Have one instrument between two children if there aren't enough to go round, and decide who is Player A and who is Player B.

Ask children who are Player A to find the note C on their instrument, and those who are Player B to find the note G.

Now demonstrate the following with one pair of children: Explain that while you count out loud from 1 to 8 (to a steady pulse), Player A can improvise (make up on the spot) their own rhythm, using the note C. Without any gaps, Player B then improvises their own rhythm using the note G.

Allow the children time to experiment however, this time while Player A is improvising, Player B must count 1 to 8 out loud for their partner, and similarly Player A music count out loud when Player B is improvising.

Showcase each pair one at a time, playing along to the chorus of the track and challenge them to count the numbers in their head, rather than out loud.

Extension: Challenge each pair to perform their improvisations using different dynamics (volume).



4. Troubleshooting

If children are struggling to make up rhythms on the spot, suggest using words and sentences to create rhythms.

For example, they could use the rhythm to 'wave your hands in the air' from the song, or they could think about what they had for breakfast and turn those words into a rhythm 'ce-re-al and toast, ce-re-al and toast'.



It's important that when you or the children are counting from 1 to 8 out loud, that you are keeping a regular and steady pulse.

5. SEND Advice

- Using instruments of different colours is of use to SEND learners.

Listening to the song

- It may be suitable to put pupils together in mixed ability groups and give each group a set of rhyming word pairs to help them compose their own lyrics.

Curriculum Links

PE
PHSE
Biology



Key words

Lyrics: words to a song.

Pitch: how high or low a sound is

Pulse: a steady beat, like a ticking clock.

Rhythm: a pattern of long and short sounds.