



5 mins

# 1. Warm up Activity

8-4-2-1

This is a quick game to warm everybody up and increase co-ordination and pulse skills. You can watch this activity played in the Teacher Techniques video collection on the website.

## Objective and Musical Focus

Exploring sounds; playing as an ensemble; dynamics.

## Instruments?

No, the activities can be completed by body percussion.

## Accessibility

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

The game begins with everybody patting their heads 8 times at the same speed as each other. Then without stopping everybody pats their shoulders 8 times, then their knees 8 times and finally their toes 8 times.

Everybody then repeats the sequence (heads, shoulders, knees and toes) but this time patting each body part 4 times each, then twice and finally once.

At the very end get the children to jump up in the air and shout one word. This could be their first name, what they had for breakfast, or one word associated to the topic you're currently learning.



If waves of clapping break down, stop and ask the children what solutions can they come up with to improve their success rate.



10 mins



Play the video *'Bout That Noise* by YolanDa's Band Jam from the Classroom Resources section on our website.

## 2. Song: *'Bout That Noise*

Teach your class this line from the song, that repeats several times:

**There's something 'bout that noise**

Using the call and response technique, sing the line using different volumes and the children copy. Also try singing the line using different emotions, for example singing it as if you're really happy, sad, excited, scared etc.

Ask the children to lead and they can do the calls, with the rest of the class copying them.

**Extension: Try asking the children to come up with new ways of singing the phrase!**







## 4. Troubleshooting



When playing '8, 4, 2, 1' it can feel as though everybody is speeding up, but the **pulse** and **tempo** should remain the same. You could use a metronome or ask another teacher to play a wood block to ensure the tempo remains the same.

Notice in the video YolanDa counts the band in with '1, 2', before singing the line *there's something 'bout that noise*. You can do this too when teaching your class this line. Also, try using body language and gesture to communicate when it is your turn to sing and when it is the children's turn by pointing to yourself or to them.

### Curriculum Links

Maths  
Science



### Key words

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

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

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

**Pulse:** the continuous beat.

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

**Tempo:** the speed of the music.