



 5–10 mins

Objective and musical focus

Creating rhythms;
Following instructions;
Moving to music.

Instruments

Yes – tapping sticks
(~20cm dowel or similar,
2 per pupil).

Accessibility

This lesson plan is suitable for students with mild and severe learning difficulties.

Space required

A school hall or a large room is needed.

1. Warm up Activity

Tap in Time

Have your pupils stand in a group in front of you. Lead in a few short, familiar songs like *The Wheels on the Bus* or *Head, Shoulders, Knees and Toes*, inviting the group to copy your actions in the songs (moving hands in circles for the ‘wheels’ of the bus, tapping your own head and shoulders, etc.)

Using the song *The Grand Old Duke of York*, invite the pupils to stamp, clap or pat their thighs to the marching beat of the song as they sing along.

Give the pupils pairs of tapping sticks. Show pupils how to use the sticks by tapping out different beats for them to follow.

Beat 1:



Beat 2:



Practise these rhythms, until pupils become familiar with them.

Sing *The Grand Old Duke of York*, again, but this time the pupils tap their sticks, in time to the song (Beat 1), as if they were soldiers going up a hill.

Teaching Assistants should support pupils with their tapping rhythms.





10 mins

2. Song: *Music Time*

Ask the pupils to sit down with their sticks on the floor. Show them, using pictures or a computer, different types of dancing. In particular highlight tap dancing, where the shoes the dancers wear make tapping sounds that add to the music - just like their tapping sticks. Then, listen to *Music Time*.



The lyrics of *Music Time* are about joining in with a variety of dances and movements. As the pupils listen to the song, demonstrate some of the actions and dances. Don't worry if you don't know how to do the shuffle for example, enjoy dancing to the music!

Play the song again and this time invite the pupils to join in dancing with you.

Pupils can also join in by using their tapping sticks, following the tempo of the song. The sound of the tapping sticks sounds like the click of tap shoes!

Teaching assistants offer support where appropriate; for example in suggesting actions and dances for pupils to perform if they're struggling.



Play the song *Music Time* using the *Play It!* interactive tool on the Bring the Noise website.



3. Main Activity

Playing and Moving



10–15 mins

With everyone's dance moves and tapping skills practiced, it's time to turn it into a marching performance!

With *Music Time* playing, pupils move around the hall, tapping out the beat on their sticks and copying the actions of the teacher.

Teaching Assistants may be needed to support pupils. The teacher will continue to tap the rhythm and perform the actions for the pupils to copy.

4. End of lesson

Toss the Ball



5–10 mins

Pupils will sit on the floor in front of the teacher and use their sticks to play a tapping game/song.

Using the song, *If You're Happy and You Know It*, the teacher will give instructions to the pupils, for example, 'tap the floor' or 'tap your knees'.