

# Rhythm

## Year 1

### Autumn 1

## Unit Overview

### Lesson One – An Introduction to Body Percussion

- Body percussion means when we use parts of our bodies to make a sound in a percussive way. Ask the children what parts of the body they can use to play a rhythm. Encourage the children to show the class one child at a time. They are looking out for obvious rhythm makers such as Clapping, Clicking, Leg Tapping, Stamping etc.
- Show them the 'Sunrise' – Body Percussion Video. In this video the children will see four different types of body percussion, Claps, Clicks, Leg Taps and Stamps. The key to the interactive map is to play only when the object fills it's outline. This will be made obvious when watching the video.
- Let the children have a go with the body percussion video. When they have all played it through a couple of times, let some children have a go in small groups. Look for those who are following the rhythm particularly well.
- Next, we will put a body percussion rhythm into a simple Rhythm Grid.
- Play the 'Body Percussion – Rhythm Grid' video. This time you will see an 8 beat rhythm gradually moving from left to right. There are 6 players at a time. As the yellow bar travels through the 8 beats, the children play their part at the correct time.
- Split the children into 6 groups by colour. The colours should replicate the colours at the side of the screen, Green, Red, Blue, Pink, Yellow and Purple. The children simply follow their colour line and keep repeating that specific line.
- Let the children in the class have a go with playing their lines.
- When they have had a little practice pick groups of 6 to show their work to the class. Making sure you pick a child from each coloured group.
- Evaluate the phrase Body Percussion to finish.

### Lesson Two – Percussion and Rhythm

- Recap the work the children did on Body Percussion in the last lesson.
- Play through the Sunrise videos and let the children have another go at both the Body Percussion Map and the Body Percussion Rhythm Grid.
- In this lesson the children will change their body percussion to instrumental work, using untuned percussion instruments.
- Play the 'Sunrise Percussion' video. The children will recognize how the map works from the previous lesson, watching for when the instrument fills its shape and playing at just the correct moment to fit with the music.
- Hand out the 6 instruments to 6 different children in the class, one instrument each. The instruments are Tambour (Drum), Triangle, Woodblock, Guiro, Clatterpillar and Maracas. Listen to one group at a time have a go at playing the piece through. The exercise gets harder as the video goes on so the children have to really concentrate and try and play their instrument at just the correct time.
- When each group has had a go, pick a super group to come to the front and show their work.
- To finish the lesson play the Sunrise Percussion Rhythm Grid video. In a similar way to last week, the children have to follow their groups line and play as the yellow bar conducts. If you have time at the end of the lesson, hand out 6 instruments and let 6 children try to follow their line making sure they only play on their specified numbers.

### **Lesson Three – Composing a Percussion Rhythm Grid**

- Today the children will create their own percussion rhythm grid.
- First of all, let each child have a go at the Percussion Rhythm Grid. Let 6 children at a time play the grid along with the video.
- Next, hand out the blank percussion grid templates and the Instrument sheets. The children will work on their own creating a rhythm grid of their choice. They have 10 instruments to choose from altogether. Firstly, they cut and stick 6 instruments of their choice onto the coloured side bar. Then, they decide what beat they want each instrument to play on. They do this by sticking the appropriate instrument on its adjoining line. Watch the 'Percussion Rhythm Grid Tutorial' to show you how.
- When the children have created a grid, allow some individuals to show their work to the class.
- If you have time, you could let a group of 6 children try and play one of the rhythm grids. Use the 'Play Along' video to keep the beat.

### **Lesson Four – Playing the compositions.**

- In this lesson the children will play as many of the compositions as possible. Select a particularly successful grid from each table and ask the children on that table to be the players for that grid. Use the 'Play Along' video for the children to keep time.

### **Lesson Five – Sunrise**

- Today the children will learn to sing the song 'Sunrise'. This is the song they have been playing along to throughout the scheme so far.
- Play the song through. Let the children sing through the song one section at a time making sure they are pitching the notes correctly and invite them to come up with appropriate actions for each instrument. Can they think of some actions for the chorus?
- Ask each table to sing a specific bit of the song on their own. For example, one table could sing the 'Ukulele' section and another sing the 'Red Maracas' section. Everyone joins in with the chorus. What effect does this have? It means the chorus has a lift of dynamic, which often happens in songs.

### **Lesson Six – Sunrise and Percussion**

- Today the children will put together all of the work they have done in this scheme.
- Start by playing through the body percussion exercises.
- Then focus a little on the percussion work playing through the Percussion Map and Rhythm Grid.
- Sing through the 'Sunrise' song
- At the end sing the song and ask specific children to play instruments along with the music. To do this they can play using the on screen rhythm grid, map or their own compositions.