

## Creating Rhythm Patterns through Body Percussion

<b>Topic 1: Warm up and play</b>	<b>Time: 15 minutes</b>
❖ Name games (e.g. using clapped rhythms and body percussion to explore the meter/accents of the names)	
<b>Topic 2: Improvise and create</b>	<b>Time: 45 minutes</b>
❖ Short rhythm patterns (crotchets, crotchet rests, minims and minim rests) using body percussion	

### Resources:

- Worksheets

### At home:

Take a look at these two videos that are excellent examples of **body percussion**:

- ✓ <http://www.youtube.com/watch?v=nWeIB7Oap7U>
- ✓ <http://www.youtube.com/watch?v=lwkPtUtNrvw&feature=related>



### In class:

#### Warming up:

1. Sit in a big circle.
2. Say your name and clap a rhythm to match the syllables in your name.
3. Think about which beats will be loud (or stressed) and which will be soft (not stressed), e.g. **ZA**-ne-le; Sa-**MAN**-tha, Ri-**CAR**-do, etc.
4. Repeat your name a number of times to create a rhythm.
5. Start softly and increase the volume.
6. Once done, the whole circle must repeat your name and the rhythm you have created, so keep it simple.
7. Repeat until everyone has had a chance to rhythmically clap their name.

#### Body percussion:

8. Divide into groups of 5.
9. In your group, decide on a definition for **body percussion**.
10. Share this definition with the rest of the class.
11. Experiment with different ways in which you can clap your hands to produce different sounds.
12. Share these with your group and practise these different ways of clapping until everyone in the group can do them.
13. Next you have to experiment with the different sounds you can create by clapping or tapping on different parts of your body.
14. Share these with your group and practise them.
15. Improvise a short rhythm in which you use as many of the above as possible.
16. Practise the rhythm until the whole group can perform it together.
17. Share this with the class if there is time to do so.

