

3 Metre Game

This game has been created to improve 3 metre understanding and recognition for all secondary music classes. It can be used with any 3 metre song such as "Coffee", "Edelweiss", "Dona Nobis" etc.

Students sit in a single circle holding their hands out in front of the people beside them. Their left hand should face up under the person's hand on their left and their right hand should face down on top of the person's hand on the right.

On each beat for the first six beats, using your right hand, hit your neighbours left hand then your right knee, your left knee, under your left hand then clap on top of your left hand twice.

For the next six beats, using your left hand, hit your neighbours right hand then your left knee, your right knee, under your right hand then clap on top of your right hand twice.

Repeat to end of song.

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