

Level 1 Lesson 1

Activity 1: Beat



Click on this video icon and follow the instructions given in the video.

Beat

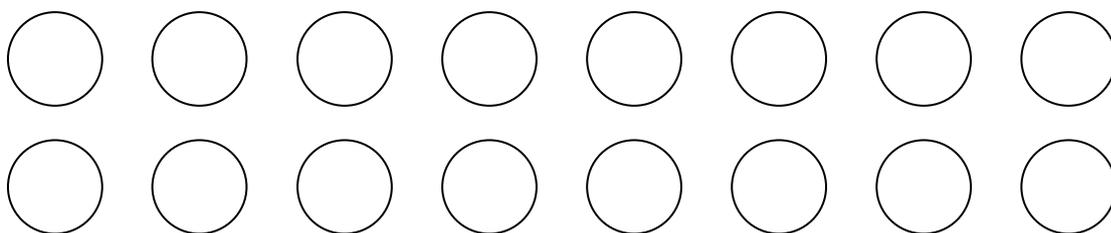
The **beat** is the "heartbeat" of the music.

The beat makes us tap our foot or clap our hands to music.

It is regular, consistent and steady.

Point to the beat, using "Beat Circles" as you listen to or sing various songs.

Beat Circles



Rhythm Sing "Who's That Yonder?" pointing to the beat circles above.

- Sometimes you sing one word (or syllable) on each beat,
- sometimes you sing two words (or syllables) on each beat and
- sometimes you don't sing anything on a beat.

The pattern of shorter and longer sounds on a beat is called the **rhythm**.

The words in a song show the **rhythmic pattern**.

Sing "Who's That Yonder?" once more, pointing to the beat circles above and write one, two or no strokes inside each circle (showing how many sounds you sing on each beat).

The **rhythm name** of a note is used when reading a rhythm out loud.

Activity 2: Crotchets, Quavers and Crotchet Rests



Click on this video icon and follow the instructions given in the video.

 = **crotchet** (English Name) = **quarter note** (American Name) = **one** sound (word) on a beat.
Its rhythm name is **ta**.

 = **crotchet rest** = **quarter note rest** = **no** sound (word) on a beat.
(Although a rest is a silence and therefore needs no rhythm name when reading out loud, when practicing this rhythm we can say **za** in our heads.)

 = two **quavers** (English Name) = two **eighth notes** (American Name)
= **two equal** sounds on a beat. Its rhythm name is **ti-ti**.

 = one **quaver** or **eighth note** = a **half** of a beat. Its rhythm name is **ti**. 

Activity 3: Writing the Rhythm of a New Song



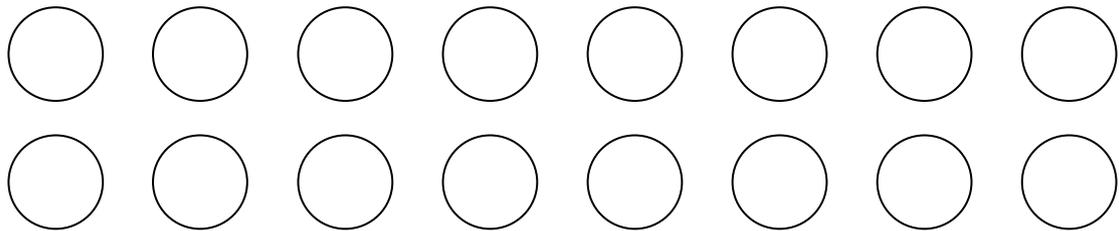
Click on this audio icon to hear "What's the Time" being sung with the words five times.

Once you have listened several times, begin singing along with the song, while pointing to the beat circles below.

Write the stick notation for the rhythmic pattern (of the words) of the song in the beat circles below.

Finally, sing the song in rhythm names while quietly tapping the beat.

Beat Circles



Activity 4: Rhythmic Sightreading



Click on the video icon (in the left margin) and follow the instructions given in the video.

Read the rhythm names, in your head and out loud, of **Rhythmic Sightreading 1** below, while tapping the beat. (Once you have learned the conducting patterns perform the beat by conducting instead of tapping).

Rhythmic Sightreading 1



Activity 5: Rhythmic Clever Echo Activity



Clever Echo is an **instant rhythmic dictation** practice activity. Click on this Clever Echo Video icon and follow the instructions given on the video.

