

Level 1 Lesson 1

Activity 1: Beat and Rhythm



Click on this video icon to learn about beat and rhythm.

Beat

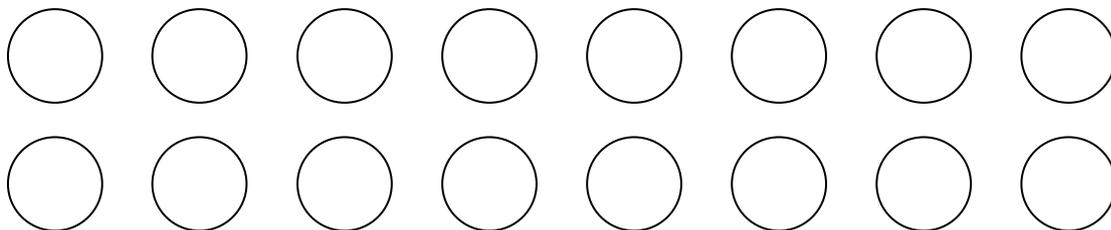
The **beat** is the "heartbeat" of the music.

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.

Click on the audio icon to hear "Who's That Yonder?" being sung five times with the words.

- 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 to learn about crotchets, quavers and crotchet rests.

 = **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 five times with the words.

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

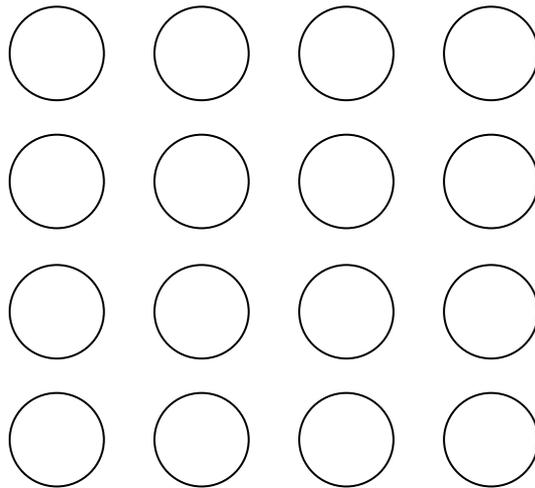
Write the stick notation for the rhythmic pattern (of the words) of the song in the beat circles below.



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

Click on this audio icon to hear "What's the Time" being sung twice in rhythm names.

Beat Circles



Activity 4: Rhythmic Sightreading

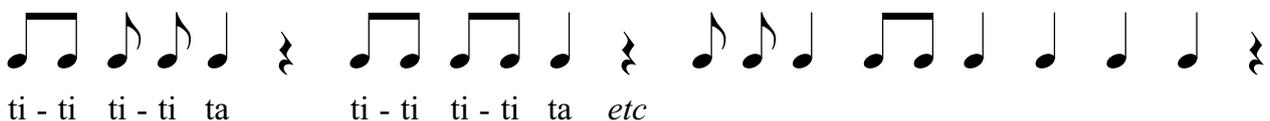


Click on this video icon to learn about Rhythmic Sightreading.

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). Click on the audio icon below to hear the rhythm being read in rhythm names if required.



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.

