



FUN WITH DRUMS



Rhythms of the Body LESSON PLAN

This video introduces two basic rhythms that naturally exist in the human body and encourages exploration of these rhythms through body percussion.

Video Link: <https://youtu.be/YJFfiSkqkaY>

Materials Recommended/Special Instructions

It is recommended that students have access to a variety of percussion instruments. Alternate "everyday" items or found sounds can be used as actual percussion instruments.

Objectives / Music Standards Achieved:

Objective:

To learn a "heartbeat" pattern, and both a "walking" and "running beat", and be able to play these simultaneously through body percussion.

To gain a deeper understanding of a student's own natural connection to music based on the beat and rhythms that already exist in their bodies and the world around them.

To experience how these individuals beat and rhythm patterns can be played on an instrument.

To improvise their own rhythm patterns along with a kit drummer.

Music Standards:

1. Performing: Analyze: Analyze the structure and context of varied musical works and their implications for performance.

2. Connecting: Connect #11: Relate musical ideas and works with varied context to deepen understanding

Key Vocabulary

Tempo: the fast or slow pace of a piece of music.

Beat: steady, constant pulse that only changes by how fast or slow it is.

Rhythms: Organized patterns of sound and silences

Kit Drum: a set of drums and symbols that are played using wooden sticks.

Rhythms of the Body Lesson Sequence

Opener

Have students take a brief moment to close their eyes, put their hands over their hearts, and notice the beating of their hearts. Notice how their hearts beat, even without them having to do anything at all. This beat in their chest is a naturally occurring rhythm. Tell your students that their heartbeats are the rhythm of their lives, just like rhythm is the heartbeat of the music.

Guided Practice - Sequence

- Watch the video *Rhythms of the Body* hosted by Julia Kamanda.
- Students are invited to follow the prompts and try out the related body percussion exercise. This exercise can be done individually or groups can be split into three sections, each section being assigned a different rhythm, and instructed to play the rhythms together, to hear how they sound when layered.

Independent Practice and Application

Students are encouraged to play along with the kit drum featured in the video, improvising their own beat patterns over the rhythm he is playing.

Informal or Formal Assessment

- Assessment is based on the group's ability to learn and play back the patterns that are introduced during the video, either individually or as a group.
- Questions for further discussion:
 - What happens to the tempo of your heartbeat when you move from walking to running?
 - What do you think happens to the tempo of your heartbeat when you are sleeping?
 - Do you think you can use the rhythm of your breath to control the tempo of your heartbeat? How?
 - What other living creatures have a heartbeat and what do you think those heartbeats sound like? Students can demonstrate answers on instruments or with body percussion.