

Warm-Up: Counting

Musical Concepts: feeling pulse/ steady beat, metre and tempo

Theme: Connecting- staying in time with each other

- Start by counting to 4, repeatedly, and with a steady pulse, at a steady tempo
- Only vocalise 1 and 3, still maintaining a 'space' for 2 and 4; once secure, swap to vocalising 2 and 4, 1 and 3 now remaining silent. (Leader/Teacher to count in before the start- emphasising that there will be a rest or 'silence' on the first beat when 1 is not being vocalised.)
- Go back to 1 and 3, replacing claps with saying the number 1. Continue by only clapping 1 and 3. Swap to 2 and 4. (Note: Leader is not vocalising either, but modelling the beats by either head nods, mouthing the numbers- depending on the needs of the group.)
- Once the group has a good sense of the inner pulse (i.e. not many stray claps out of sync with the rest), change the tempo- making vocabulary and concept explicit.
- At the original tempo, start to accumulate actions that could be used for different beats, i.e. clap on 1, silent on 2, tap knees on 3, silent 4. Change the patterns, for instance, clap 1, silent on 2 and 3, then click on 4. Such changes will engage their concentration and help internalise the continual flow of moving from one bar to the next as when following music notation.
- Invite others to create patterns and lead them. A good challenge is to use as little talking as possible once the activity is understood.

An activity such as this is good for all age groups as the skill of counting and feeling the pulse is an integral part of musical learning and understanding. It can be extending further by changing the metre.