

24

CATEGORY

rhythmic

AGE

12+

NUMBER
OF PARTICIPANTS

8-12

DURATION

approx. 30 min.

WORKING METHOD

group work

MUSICAL ABILITIES
OF THE TRAINERS

1 2 3 4 5 6

EQUIPMENT
AND INSTRUMENTS

- optional: percussion instrument

COMPETENCES

- creativity
- attention
- collaboration
- concentration
- rhythm recognition
- sense of rhythm
- memory



The Poison Rhythm

A rhythmic game that focuses on concentration and at the same time develops a sense of rhythm without being noticed.

AIM

The main goal of the activity is to develop participants' steady beat competency by involving different rhythmic patterns and various body movements.

DESCRIPTION

The activity starts with the instructor clapping a four-beat rhythm that is labelled the 'poison rhythm'.

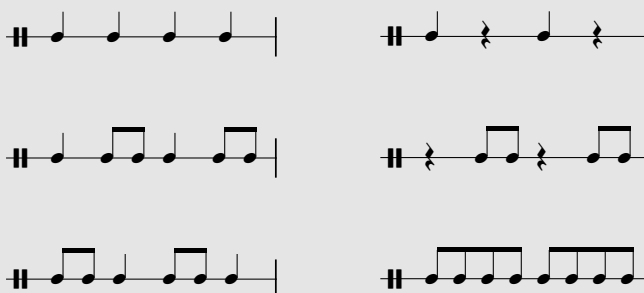
He/she will then clap a series of four beat rhythms to the participants, which they repeat.

When the instructor claps the poison rhythm, the participants should remain silent.

If anyone accidentally claps the poison rhythm, he/she is out of the game. This is a simple and enjoyable way to help participants recognize different rhythm patterns.

The role of leader can also be transferred here so that as many people as possible can use their creativity.

Examples of poison rhythm and four-beat rhythmic patterns:



COMMENTS FOR FACILITATORS

Percussion instruments can be used during the rhythmic games, e.g. drums, percussion eggs, wood maracas, rhythm sticks, bells or castanets.

During the activities be care of the steady beat! The dynamics of the activities can be changeable.