

## 27

## CATEGORY

rhythmic

## AGE

8+

NUMBER  
OF PARTICIPANTS

4+

## DURATION

approx. 10 min.

## WORKING METHOD

- played in pairs
- group work

MUSICAL ABILITIES  
OF THE TRAINERS

1 2 3 4 5 6

## COMPETENCES

- concentration
- collaboration
- attention
- cooperation
- creativity
- sense of rhythm

## 1, 2, 3

*1,2,3 is a simple rhythm game, played in pairs. It can be developed to play in larger groups.*

## AIM

The aim is to improve the rhythm skills and concentration of participants while also ice breaking & team building.

## DESCRIPTION

Choose a partner & stand facing each other

Group leader demos Round 1 - and sets the Rhythm & pace for everyone to follow.

Round 1

Pairs count to 3 repetitively, alternating numbers

a) 1, b) 2, a) 3, b) 1, a) 2, b) 3, a) 1 etc

Round 2

Replace number 1 with a clap.

Again, group leaders set the rhythm and pace.

Round 3

Replace Number 3 with a nod of the head

Round 4

Replace number 2 with a foot stomp

You can continue to replace numbers with different body hits, vocal sounds or movements.

## LEVEL UP!

You can count to 5 instead

You can join 2 pairs together and go round in a circle (square!) with the same exercise.

Participants can run the exercise again and choose their own sounds, body hits, movements etc.

## COMMENTS FOR FACILITATORS

Start with slow rhythm and speed up gradually.

Each round, get participants to focus on the rhythm - especially after they have mastered the pattern.

