

47

CATEGORY

rhythmic

AGE

10+

NUMBER
OF PARTICIPANTS

5-30

DURATION

approx. 10 min.

WORKING METHOD

- group work

MUSICAL ABILITIES
OF THE TRAINERS

1 2 3 4 5 6

EQUIPMENT
AND INSTRUMENTS

- optional: any type of instrument

COMPETENCES

- creativity
- improvisation
- attention
- cooperation
- concentration
- rhythm recognition
- sense of rhythm

Check My Beat

A simple game that encourages concentration, keeping the pace, and is based on creativity.

AIM

The goal of the game is to create mutual attention, to promote teamwork and cooperation, while also developing a sense of rhythm and rhythm recognition. Figuring out rhythm formulas develops creativity, and imitation strengthens musical memory.

DESCRIPTION

1. Participants are standing in a circle.
2. The instructor says in a rhythmic way:

Here is my rhythm now, check my beat!

and claps the steady beat four times.

3. The participants answer together in a rhythmic way, too:

We got your rhythm now, here is your beat!

and they clap the same.

4. The next person clockwise will be the next one who finds out a new formula and the others will repeat it together and so on.

The formula always contains four quarters, but it can be performed in many ways, e.g. with clicking, with tapping a body part, with la-la. Alternatively, these activities can be mixed.

USEFUL LINKS

<https://www.youtube.com/watch?v=kxYbzGkno4A>

