

51

CATEGORY

rhythmic

AGE

8+

NUMBER
OF PARTICIPANTS

1+

DURATION

approx. 20 min.

WORKING METHOD

- individual work
- group work

MUSICAL ABILITIES
OF THE TRAINERS

1 2 3 4 5 6

COMPETENCES

- attention
- dexterity
- movement coordination
- concentration
- sense of rhythm

Cup Game

Versatile game for developing movement coordination and sense of rhythm.

AIM

The aim of the game is to develop musical and coordination skills in a complex way. The choice of songs and the movements of the cup game stimulate creativity.

DESCRIPTION

The first step is to learn the Maori song „Epo i tai tai“ so that everyone knows the notes with confidence. This can be done by the leader learning it in advance and the participants learning it from her/him, or by learning the song together with the recordings.

After that, we practice the elements of the cup game separately, or we practice it with the recording until we know it. If the melody and the cup game go together, then we put the entire task together.

The game can be practiced in a small group or alone.

LEVEL UP!

Create unique cup games to a melody selected by you!

LYRICS

Epo i tai tai e
Epo i tai tai e
Epo i tai tai
Epo i tuki tuki
Epo i tuki tuki e

You can find several translations for the text, for now let's take this one: *We shall not be sad we will only be happy*

E-po i tai tai e, e-po i tai tai e, E-po i tai tai,
 e-po i tu-ki tu-ki, E-po i tu-ki tu-ki e.

1. D T D L Tt TC 2. D T D L Tt TC

3. D T D C G D T D L Tt R D 4. D T D L Tt R Rt TC

D: down

T: tap the table

L: grab the right side of the cup with left hand

Tt: turn the cup and tap the table with left hand

TC: tap the table with left hand and the same time make a circle with the cup in your right hand

C: clap

G: grab the cup

R: grab the left side of the cup with right hand

Rt: tap the table with the cup in your right hand (but don't turn the cup)

COMMENTS FOR FACILITATORS

Among the links, the first is one where there is only rhythm for practicing cup game moves, no melody.

USEFUL LINKS

<https://www.youtube.com/watch?v=s6yy4hKEmbE>

<https://www.youtube.com/watch?v=oj3CYxp3bcU>

