

Steady Beat

Developed by Kofi Dennis

Early Arts Learning Pilot Project 2009-2010

Objective/Goal:

To prepare children to keep a steady beat while performing.

Prerequisites of this experience (What do children need to know before this experience?):

- ✓ Awareness of voice and body
 - ✓ Simple breathing exercises
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Educational Impact:

- ✓ Awareness of voice and body
 - ✓ Rhythm and patterns
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Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "Steady Beat Medley"
 - ✓ "Who's a Good Watcher"
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Materials Needed:

- ✓ Hand drums
 - ✓ Rhythm sticks
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Procedure and Process:

Step One:

Demonstrate for the children how to tap on their body parts, starting on their laps, to a set of four counts. Say "and" with your hands raised, then the number as you tap:

And one, and two, and three, and four, and one, and two, and three...

Find an interesting way to switch the body parts without breaking the pattern.

Step Two:

Let children stand up on their feet to tap the beat with the "Steady Beat Medley." Chant or sing:

*Steady beat, with my feet,
Steady beat, with my feet,
Steady beat, with my feet,
Steady beat, with my feet,
[spoken] Steady, steady, steady, steady.*

Step Three:

You may repeat this process on different parts of the body, like elbows (flap your elbows), shoulders (shrug your shoulders), or eyes (blink your eyes). You can also use a chant like:

*Who's a good watcher, watcher, watcher,
Who's a good watcher, show me now!*

Tap on the chosen body part to mark the steady beat of that chant.

Closure:

While you play the steady beat with the drum, let the children sit cross-legged, have them place their hands on their hearts, and sing softly:

*Steady beat, in my heart
Steady beat, in my heart,
Steady beat, in my heart,
Steady beat, in my heart,
[whispered] Steady, steady, steady, steady.*



Overall Assessment (How will I know the children got it?):

Children will imitate the steady beat model in time with the beat of the drum.