



#ee243c, 50% opacity



#502875, 50% opacity



#005487, 50% opacity

H1 (Title Headers)

28pt / 32pt Nunito Sans ExtraBold

H2 (Section Headers)

19pt / 24pt Nunito Sans ExtraBold

H3 (Overview & Lesson Number Headers)

14pt / 16pt Nunito Sans ExtraBold

H4 (Small Headers, Time duration, Table Headers)

11pt / 16pt Nunito Sans ExtraBold

Paragraph (All body text)

11pt / 16pt Tisa Pro Regular

Small Light / © Copyright in Footer

10pt / 16pt, Nunito Sans Regular, #7b8b96

Pulse/Steady Beat

10pt / 16pt, Nunito Sans Regular, #eff1f3

 All Icons FA Regular



#fcd3d8



#f8a7b1



#eff1f3



#dee2e5



height: 45px

Feel the Beat

🎧 Beginner ⌚ 20 Min

height: 132 px

Pulse/Steady Beat Slow/Fast



Preparing for the Lesson

☆ Essential Questions

- What is rhythm and duration?
- What is a steady beat?
- How does a beat serve as a foundation to rhythm?

🎵 Repertoire

Prepare music examples of varying tempos appropriate for the age group and classroom culture.

✂️ Material Preparation

- ☐ Print/copy Exit Ticket Worksheets
- ☐ Unpitched instrument to demonstrate pulse with music examples

📺 Board Preparation

Prepare your board with the necessary information for students, including:

- ☐ **Concept Definition(s)**
 - *Pulse/steady beat*: The steady recurring heartbeat of a musical piece.
- ☐ **Lesson Instructions**
 - Open space to record student responses to questions (*see Lesson Breakdown, step 3*)

✍️ Accessible Strategies and Accommodations

- ☐ Play short music examples of various tempos on an instrument instead of an audio recording
- ☐ Create space for students to move to the music

— width: 23 px



height: 45px

Running the Lesson

height: 36.5 px



Lesson Breakdown

height: 26.2 px



Notes

1. Class Discussion

width: 405 px

🕒 4 Min

Begin to introduce this concept by asking prompting questions about heart beat, a heart's steady pulse, and how hearts can accelerate or slow down depending on the circumstances.

— height: 10 px

Record the answers on your board so that you can circle or point out relevant answers when you introduce the concept definition.

Example Questions

- Has anyone learned about the heart? What do you know?
- What is a heartbeat?
- What is another word we use to describe a consistent heartbeat?
- What is the medical term used when someone checks your heartbeat?
- How often does your heart beat?
- Does your heart ever stop?
- Does your heart ever speed up or slow down? When?

Keyword Responses from Students

Heart is an organ, heartbeat is a contraction, pulse, steady heartbeat, it's always beating, changes speed with emotion, angry, excited, funny, happy, sad, relaxed, calm.

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2. Concept Definition

🕒 3 Min

Referencing the student responses, provide the concept definition for your students.

36px

36px