

Timing

Keeping time to a beat isn't as easy as you think. Here, you have to do lots of different things in time to beat.

Step 1. Clap to beat

Click on '**Beat**' at the top of this screen. The speed of the beat will be 1 beat per second. Your helper will show you how to clap in time with the beat. Now try to clap in time with it, so you clap exactly on each beat. Start with '**fairy claps**' i.e. use only the first and second fingers on each hand to make the claps so they are soft and you can still hear the beat. Try to clap in time exactly with the beat, not before or not after.

Step 2. Tapping knees with hands

Now tap one knee, then the other with each hand, so you tap the right knee with the right hand, then the left knee with the left hand, then the right knee.. etc in time to the beat. Keep tapping one knee after the other in time with the beat.

Step 3. Knee taps, patterns

Now your helper taps a pattern on their knees with their hands in time to the beat. An example of a pattern could be: tap right knee twice, then left knee three times. When you know the pattern, try tapping the same pattern on your knees.

Now try more complicated patterns that involve double taps. (Double taps are done faster, so that two taps are made in a single beat) Your helper will again show you a pattern, e.g. double tap, followed by single tap on the right knee, then single tap followed by double tap on the left knee. Watch the pattern your helper makes then try it yourself.

Step 4. Knee & foot taps

Sit on a chair, making sure your feet reach the floor. Now you have to tap knees and feet in time to the beat, one after the other, but it must be in a circular fashion. (Clockwise or anti-clockwise) Start by tapping the right knee, next tap the left knee, next tap the left foot, then the right foot. Now try going the other way, right knee, right foot, left foot and left knee. With practice you should be able to change direction from clockwise to anti-clockwise on command. So you would start tapping knees and feet in one direction then reverse the direction when your helper says 'change direction', without missing a beat.

Step 5. Knee & foot taps, patterns

Your helper will show you a pattern of taps, in time to the beat, tapping their knees and feet. An example might be, tap left knee 3 times, then left foot twice, then right foot once and lastly right knee twice. They may need to show you the pattern a few times so you can remember it. Now you try to copy the pattern.

The pattern could be made more difficult if your helper makes some double taps, e.g. 2 single taps on right knee, double tap then single tap on left knee, 3 single taps with left foot, double tap with right foot. Again your helper will show you the pattern a few times then you try to copy it, keeping your taps in time to the beat.

Step 6. Knee and foot taps, dropouts

Now you have to tap knees and feet as before, in time to the beat, in a clockwise or anti-clockwise direction, but you will stop tapping one foot or leg on command. So you might start tapping the right knee, then left knee, then left foot, then right foot. Then your helper may say, 'stop the right hand'. Now you would tap the left knee, left foot, right foot, but not tap the right knee. However it still takes **four beats** to complete the sequence. If you started with the left knee as above, on the fourth beat you do nothing, i.e. you pause then on the next beat tap the left knee etc...

Your helper will keep telling you to change how you are tapping your knees and feet. You should be able to change so that you keep in time to the beat at all times without missing any beats. E.g. they may say, '**stop your left hand**', then after several beats, '**stop your right foot**', then after several more beats, '**now tap both knees and feet again**'...etc. Remember it still takes **four beats** to go round the circle.

Notes for helpers:

Some people may be confused if they don't know right from left - if this happens, just touch the knee or foot you want them to stop tapping.