

5 Step Music Activities

5 RHYTHMIC GAMES

These games can be used as starters, plenaries, or even stretched out for a whole lesson.



01

8-4-2-1

- At the same pace, have everyone tap their heads, shoulders knees and toes 8 times
- Do the same for 4 times, then 2, then 1
- Repeat 8. 4. 2. 1. with no gaps
- Have another student lead the game

02

Forbidden Rhythm

In a musical 'Simon Says' the teacher claps a rhythm and the students repeat it. The forbidden rhythm is:

Don't - clap- back this one

If students repeat it, they are out



03

Mexican Clap

Sit in a circle. Teacher claps once, then each person around the circle claps, one after the other. Keep a steady pulse.

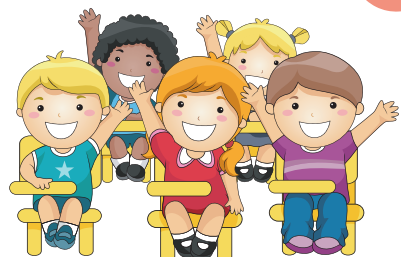
Suggestion: Replace claps with noises or other body. percussion

04

Mirror Me

Begin by modelling a 4 beat body percussion pattern.

Repeat and let the children follow simultaneously. Move to a 6 beat pattern, then 8 etc.



05

1 to 10

Objective of the game is that between individual members of the class, everyone should count to 10.

Pupils call ascending numbers, but if two students say the number at the same time, we go back to 1