

Find the pulse — learning a pattern

Children listen to the Final Dance and learn a pattern of movements to keep the pulse using body percussion.

Time: 5 minutes

Music used: Final Dance

Learning objectives

- Music: to listen to music with concentration, developing an understanding of rhythm and pulse and responding through movement
- MMC: to perform short repeating rhythm patterns (ostinati), staying in time to the beat
- MMC: to follow a leader and use body percussion to play repeated rhythm patterns, marking the pulse and maintaining a steady beat
- Physical Development: to perform a dance using simple movement patterns, developing gross motor skills

Activity plan

Suggested set-up: standing in a circle

Introduce the activity: ‘we are going to be learning a pattern that keeps repeating. This is called an ostinato.’

- Start this pattern and invite the children to join in:
 - Pat your knees x 2, clap
 - Pat your knees x 2, clap
 - Gap of 4 slow beats (keep counting!)

Play the **Final Dance** audio track and lead in with ‘are, you, ready to go?’ in time to the music. Everyone then begins the body percussion pattern in time to the music.

Start to choose different actions in each 4-beat gap and invite children to copy you as you go, for example:

- Roly-poly hands
- Mime playing an instrument (for example harp, flute or bassoon)
- Wiggling fingers

Tips for leading

The movements in each gap can be more free (less tied to the pulse) — this is an opportunity for a bit of silliness and makes it easier for children to come up with their own moves.

You might like to choose a gesture as the music comes to an end so you’re not caught out in the middle of the pattern, for example a big spin, or waving arms up high.