



Steady Beat Patterns

Listen to a piece of music with a tempo between 120-136 beats per minute (hint: think of the tempo of a song you would like to jog to). Guide the children in patting their laps (not clapping!) to the beat.

As they grow more comfortable doing this, create a beat pattern.

Earlier in the year:

Keep it simple! For example, pat your lap for 8 beats, pat your shoulders for 8 beats, and repeat.

Later in the year:

Extend the pattern up to 4 different movements and shorten the time on each movement. For example, pat your lap for 4 beats, pat your hips for 4 beats, pat your shoulders for 4 beats, pat your head for 4 beats, and then repeat the whole pattern.

*Examples of music with a steady beat:
Concerto Grosso in C Major by Correlli; Rondo All Turca by Mozart; Eine Kleine Nachtmusik by Mozart*