



# Active Music

18 lesson plans with  
supporting DVDS

## Rhythm and Pulse ks1

with over 40 songs, games and musical activities



Step-by-step, half-termly sets of lesson plans for Reception,  
Year 1 and Year 2 children with DVD tracks demonstrating the  
songs, games and musical activities.

Fully in line with the Music National Curriculum.

Watch it! Learn it! Teach it!

DVD and CDROM

Written and compiled by Sally Wagter  
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## RHYTHM AND PULSE FOR KEY STAGE 1 - DVD CONTENTS LIST

- 1) Bee bee bumble bee - chanting
- 2) Bee bee bumble bee – chanting and tapping the pulse
- 3) Bee bee bumble bee – chanting and tapping the rhythm
- 4) Bee bee bumble bee – saying with rhythm names
- 5) Bee bee bumble bee – saying the rhythm names and clapping the rhythm
- 6) Bee bee bumble bee – thinking the rhythm names and clapping the rhythm
- 7) Bee bee bumble bee – half tapping the pulse, half clapping the rhythm
- 8) Bee bee bumble bee – chanting and tapping the rhythm on instruments
- 9) Bee bee bumble bee – the rhythm and pulse game
- 10) Bee bee bumble bee – creating an instrumental composition
- 11) Bee bee bumble bee – chanting and walking the pulse
- 12) Bee bee bumble bee - chanting and walking the rhythm
- 13) Bee bee bumble bee – walking the pulse and clapping the rhythm
- 14) Jelly on a plate – chanting
- 15) Jelly on a plate – clapping the rhythm with action for the REST
- 16) Jelly on a plate – tapping the rhythm and clapping the REST
- 17) Jelly on a plate – tapping the rhythm and clapping partner's hands on the REST
- 18) Clapping sequences in time to the pulse
- 19) The alphabet rondo
- 20) The alphabet rondo with solos
- 21) Pease pudding hot
- 22) Tony Chestnut
- 23) Diddle diddle dumpling
- 24) Hi, my name's Jo
- 25) Grandma, Grandma
- 26) 1,2,3,4
- 27) Ding dong
- 28) Bow wow wow
- 29) Penguin home for tea
- 30) The cookie jar
- 31) A sailor went to sea, sea, sea
- 32) Early in the morning
- 33) The Echo man
- 34) The jingle ring
- 35) Boom chick- a- boom
- 36) Who has a brother?
- 37) The drum game
- 38) Copy me
- 39) Everybody do this
- 40) Johnny works with one hammer
- 41) Buster Buster
- 42) Hickety tickety bumble bee
- 43) We will copy you
- 44) I wiggle my fingers
- 45) The goodbye song

## **RHYTHM AND PULSE FOR KEY STAGE 1: ACTIVE MUSIC:**

### **ABOUT THESE PLANS**

Pulse in music is the same as the beat. Pulse can be explained as being like a regular heartbeat. It may be fast or slow but it remains regular throughout the piece of music. The best way for children to understand it is to have it demonstrated practically with an action, such as tapping your heart to the pulse while singing or chanting. Most of the activities within this set of lessons involve the children actively keeping a pulse as part of a game.

Pulse needs to be practiced continually with all children because it serves as a foundation for all musical skills.

One way to describe rhythm is that it follows the pattern of the words. This is very simplistic and many pieces of music do not have words, but if the children think of a song and clap along with the words they will immediately see that what they are clapping is different to the pulse. Many of the activities within this set of lessons involve clearly experiencing the difference between the rhythm and the pulse so that the children gain a clear, practical understanding.

In these lesson plans we use rhythm names rather than conventional names for rhythms. Rhythm names work well as each note value has a name that fits with its duration. See 'teacher notes' for examples.

In the majority of these games and activities the children are continually interacting and involved. The games, by nature, are also very inclusive and lend themselves well to diverse ability levels.

All the songs and games within this set of lessons contain many different musical elements, but each has been specifically chosen with the focus of working on pulse and developing rhythmic skills.

Taken from the inspired musical approach derived by Zoltan Kodaly, the children first learn and play the songs and games repeatedly. They then use the rhythm patterns from chants and songs they already know to begin to learn the rhythms and their names.

I recommend that teachers start with Rhythm and Pulse because it lays a secure foundation for further musical development. The musical skills learnt in this set are carried forward into the Pitch for Key Stage 1 lesson plans and the Instrumental for Key Stage 1 lesson plans.

The skill levels develop from one year group to the next, so progression is even and visible. It is beneficial to keep revisiting the games and activities from these lesson plans throughout the year.

**Compiled by Sally Wagter**

**For more information on further lesson plans and other resources, INSETS, courses etc, please visit [www.primarymusicspecialist.com](http://www.primarymusicspecialist.com).**