

## 1 — Listening: Hands, Feet, Heart

**Find the pulse as you are listening to the music:** Can you dance, get funky or find the groove?

**Instruments/voices you can hear:** keyboard, bass, drums, electric guitars, saxophone, trumpet, vocals.



## 2 — Musical Activities

**Find the pulse!**

- What animal can you be finding the pulse?

**Clapping Rhythms**

- Copy and clap back rhythms
- Clap the rhythm of your name
- Make up your own rhythm

**Singing**

- Sing Hands, Feet, Heart in groups
- Have fun!

**Playing instruments** using up to three notes

– G or G, A + C. *Which part did you play?*

**Improvise** using the notes C + D:

- **Challenge 1** Clap and Improvise
- **Challenge 2** Sing, Play and Improvise
- **Challenge 3** Improvise

*Which challenge did you get to?*

**Compose** a simple melody using simple rhythms, choosing from the notes C + D or C, D + E.

*Which notes did you use?*

## 3 — Perform & Share

A class performance of Hands, Feet, Heart. Introduce your performance to your audience. Can you include some funky moves? Have a fantastic time; enjoy it! Talk about it together afterwards. How did it make you feel? Will you record it?

## Have a think...

*What did you like doing best?*

*Singing?*



*Playing?*



*Dancing?*



*Improvising?*



*Composing?*



*Listening?*



**This unit is about South Africa and South African music**

**Words you need to know:** Keyboard, drums, bass, electric guitars, saxophone, trumpet, pulse, rhythm, pitch, improvise, compose, perform, audience, question and answer, melody, dynamics, tempo