

MUSIC · K / GRADE 1

# Beat and Rhythm

Make music with your body

## What's the difference?

1

### Beat

The steady pulse — like a heartbeat. It never changes.

*Example: Tap your foot to a song — that's the beat.*

2

### Rhythm

The pattern of long and short sounds ON TOP of the beat.

*Example: The way you'd clap the words 'happy birthday'.*

## Eight patterns to try

<p><b>Pattern 1 — Steady</b></p> <p>Clap on every beat: 1, 2, 3, 4.</p>	<p><b>Pattern 2 — Pat-clap</b></p> <p>Pat knees on 1 &amp; 3, clap on 2 &amp; 4.</p>
<p><b>Pattern 3 — Stomp-clap</b></p> <p>Stomp on 1, clap on 2, stomp on 3, clap on 4.</p>	<p><b>Pattern 4 — Echo me</b></p> <p>Teacher claps 4 beats; class echoes back.</p>
<p><b>Pattern 5 — Whole class</b></p> <p>Half the class on beat, half on off-beat.</p>	<p><b>Pattern 6 — Body band</b></p> <p>Group A: pat. Group B: clap. Group C: snap. Layer them.</p>
<p><b>Pattern 7 — Speed it up</b></p> <p>Same pattern, but get faster every 4 beats.</p>	<p><b>Pattern 8 — Make your own</b></p> <p>Each child invents a 4-beat pattern. Class echoes.</p>

