

# Music Lesson:



# Body Percussion



## Key words:

**Body percussion:** Using different parts of your body to make music. For example, clapping, stomping, clicking and tapping.

**Pulse:** A steady beat like a ticking clock or your heartbeat. It can be measured in time by counting the number of beats per minute (BPM).

**Rhythm:** The pattern of long and short sounds as you move through the song.

**Watch the dance monkey body percussion video on YouTube:**

<https://www.youtube.com/watch?v=r3eVvmswdOc>

**Follow along and join in with the actions 😊**



# Body percussion grid

This is an example of a body percussion grid.  
Can you follow along with the clapping and stomping actions?



This notation means rest.

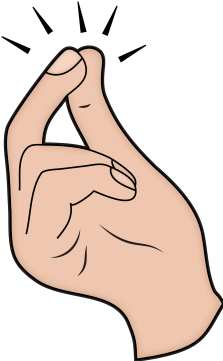
1	2	3	4	5	6	7	8
							

What other actions could you do instead of the clapping and stomping?  
Have a think ...

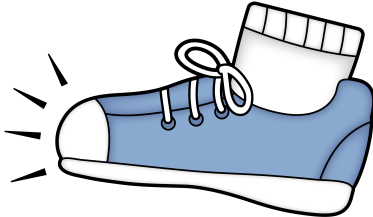
Some ideas:



pat



click



stomp



clap

## Your task:

Draw or print a grid like the one below. Put a body percussion picture symbol or word in each box. Give your grid to a parent or sibling. Can they play along using your grid?

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

**Challenge:** You might like to put two claps/ two stamps in a box. This would make the beat twice as fast!