

KS1 Worksheet for Pulse and Rhythm films

Here are some enjoyable tasks which connect with the films on rhythm and pulse. Try in any order

You will find the films on the school website

- Practise clapping together just with a steady even beat, try walking on the spot and clapping too. Try different speeds.
- Nod your head and clap at the same time. Can you do it?
- Pass a clap around the group, sitting in a circle. Try and keep a steady beat.
- Try two claps each still trying to keep the pace even.
- Think about words and how they have different sounds, repeat them again and again to find their rhythms. For example
 - Spaghetti
 - Ice-cream and jelly
 - Crisps
 - Sausage roll
- Clap the rhythms for a word and see if someone else can guess what it is?
- If you have a musical instrument play your word rhythms on that
- Make up your own rhythm piece by putting words together, they don't need to make sense
- Think about their patterns and how they sound.
- With a partner see if you can say your rhythms with theirs. Can they fit together?
- Draw or paint a pattern (a repeated shape) use different colours to make it exciting
- Make up your own dance using skips, hops and jumps. Imagine you are Oti Mabuse or Bill Bailey!
- Can you explain to a grown up what the word 'RHYTHM' means?

