

Steady Beat on the Radio

- Directions:
- 1) Turn on the radio or just put on some of your favorite music.
 - 2) Feel the steady beat of the music. Remember that the steady beat is what you tap your toe to in music. The beat stays the same for each song – it doesn't speed up or slow down.
 - 3) Make a list of 25 (or more!) different ways you can keep the beat as you listen to the music. Be creative! Here are some ideas to help you get started....
 - tap or move different parts of your body
 - use your body as an instrument (stomp or clap)
 - use a household item as an instrument or play a real instrument
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Write or draw your steady beat list below or on new sheet of paper. Number your list or pictures from 1 to 25.

Music and Dance: A Perfect Match

Have you ever heard some music and just HAD to get up and move?! Music and dance go together like peanut butter and jelly. That's the way it has always been. Many countries and cultures have traditional folk dances that are passed down from generation to generation over hundreds of years. Dancers usually wear special outfits or costumes to do these dances, and the instruments used to play the music are often unique to the culture or part of the world. Check out this video of a traditional Russian folk dance:

Russian Folk Dance 3 - https://www.youtube.com/watch?v=Sh_LD4FOxas

One of the most famous styles of dance in the world is ballet. Ballets tell stories through dance and music. Ballet is a particularly popular form of dance in Russia, France, and the United States. Lots of great music was written for ballets. Three of the songs from our March Madness Tournament are ballets. Can you figure out which ones they are? Watch these two video examples of ballet:

Swan Lake, Tchaikovsky – Dance of the Little Swans - <https://www.youtube.com/watch?v=Xd2nTXsivHs>

Romeo and Juliet – Dance of the Knights (The Royal Ballet) - <https://www.youtube.com/watch?v=SyDo3h1Tu7c>

In the United States, there are few styles of dance that we call our own including swing dancing, tap dancing, and hip-hop. Check out this example of 1930s swing and tap dancing from the movie *Swing Time*:

Swing Time – Rogers and Astaire - <https://www.youtube.com/watch?v=mxPgplMujzQ>

Notice how in each style of dance in all of the videos, the movements of the dancers really match the sounds of the music.

Now it's your turn to create your own dance! Directions:

- 1) Pick your song. It can have words or not, and can be from any genre (classical, jazz, pop, country, rock, etc.) – you choose! Just make sure your song choice is school appropriate.
- 2) Listen to the song one time just to feel the steady beat. If the song has words, listen to them carefully. What is the song about? What story is the song trying to tell?
- 3) Start planning your dance. Experiment with different types of movements. **Write down or draw the steps/moves in your dance on a separate sheet of paper.** Try to make your dance moves match what you hear in the music. Think about how you can use your dance moves to show:
 - the words or meaning of the song
 - musical opposites (loud vs. soft, fast vs. slow, high vs. low)
 - instrument sounds you hear
 - the steady beat
- 4) Teach your dance to a sibling, parent, or other family member.
- 5) Optional: Video you and your family doing your dance. Send it to me via google classroom or email.

MY MUSIC JOURNAL

WEEK 4 (April 6-10)

*“Music hath charms to soothe a savage beast.” These words were written by an English poet and author, William Congreve, a long time ago. It means that music has a “magical power” to help us relax and improve our moods. I often listen to music when I am angry, nervous, or need to calm down. **Write about a time when music helped to improve your grumpy attitude, softened your anger, or helped you relax.***

Draw a picture or write your answer below.
