

SEVEN JUMPS

Seven Jumps is an instrumental piece that asks students to connect and coordinate their body movement to the beat, rhythm and pitch elements. The music is found on our website www.pyzimumusic.weebly.com, Click on the page "SUB"

There are 7 verses. Each verse accumulates at the end, doing the previous and adding on.

Encourage students to make as big of a circle that will fit inside our furniture

Press Play on the Audio Track "Seven Jumps" on the Sub page of our Website.

Use the following script:

Say "Listen to the song Seven Jumps . You may remember this song or it may be new to you.

LISTEN

Now Say "The goal is to connect your body to the beat, rhythm patterns, Long and Short notes AND High and Low

Notes. Would someone who remembers it like to demonstrate with me?"

DEMO

Then Say...

"You will walk around circle to the beat then, stop and clap the repeated rhythm pattern., Finally, listen to the long high note on the violin, get your body part ready and touch it to the ground when the violin plays the low short note.

Have them get up and go thru the order without the music Say

"Let's practice without the music. Walk in play for a few beats. Clap the pattern. Let's say and do the 7 endings to the verses.

"Verse 1: Knee

Verse 2: Knee + Other Knee

Verse 3: Knee+ Knee+ Elbow

Verse 4: Knee+ Knee+ Elbow + Other Elbow

Verse 5: Knee+ Knee+ Elbow + Elbow + Hand

Verse 6: Knee+ Knee+ Elbow + Elbow + Hand +Other Hand

Verse 7: Verse 5: Knee+ Knee+ Elbow + Elbow + Hand + Hand+ Forehead"