

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

Body percussion pattern suggestion

Materials

A clear space in the classroom

Year level suggested

Years F-10

Useful for

Brain breaks
Body coordination
Group participation
Generating discussion

Learning intention

To engage students by learning and performing a body percussion composition

Steps

1. Tap 7 times on knees at a moderate even speed whilst counting out loud
2. Alternate tapping knees and clapping hands whilst counting
"1 (knees), 2 (clap), 3 (click), 4 (knees), 5 (clap), 6 (click), 7 (knees)"
Name this section for easy reference – perhaps sand castle section – visual reference
3. Alternate tapping knees, clapping hands and clicking whilst counting
"1 (knees), 2 (clap), 3 (click), 4 (knees), 5 (clap), 6 (click), 7 (knees)"
Name this section – triangle section?
4. Alternate tapping knees, clapping hands, clicking, clapping hands whilst counting
"1 (knees), 2 (clap), 3 (click), 4 (clap), 5 (click), 6 (clap), 7 (knees)"
Name this section – chewing gum stretch?
5. Alternate tapping knees, clapping hands, clicking, tap elbow, tap other elbow, clap hands, tap knees whilst counting
"1 (knees), 2 (clap), 3 (click), 4 (elbow), 5 (other elbow), 6 (clap), 7 (knees)"
Name this section – elbows section?
6. Repeat and increase speed for extra challenge and fun!

Curriculum links**Music**

- All strands

Dance

- Explore and Express ideas
- Dance Practices
- Present and Perform

Health and Physical Education

- Movement and Physical Activity

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration

Need support?

Email *PizzASSIST*, education@mso.com.au
and quote *PizzASSIST* in the subject line