

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

Sevens

Materials

A clear space in the classroom – or just sit at desks and tap them

Year level suggested

Years F-10

Useful for

Brain breaks
Coordination skills
Teamwork
Memory

Learning intention

To engage students by learning and performing a body percussion sequence – fun AND challenging!

Steps

1. Tap 7 times on knees/desk at a moderate even speed whilst counting out loud x 2
2. Tap 7 times alternate knee/desk tapping with claps x 2
3. Alternate tapping knees/desk and clap hands whilst counting x 2
“1 (knees), 2 (clap), 3 (click), 4 (knees), 5 (clap), 6 (click), 7 (knees)”
Name this the sand castle section for easy reference
4. Alternate tapping knees/desk, clap hands and clicking whilst counting x 2
“1 (knees), 2 (clap), 3 (click), 4 (knees), 5 (clap), 6 (click), 7 (knees)”
Name this the triangle section
5. Alternate tapping knees/desk, crossover hands tap, knee tap, clap hands, click, clap, tap and count x 2
“1 (knees), 2 (crossover knees), 3 (knees), 4 (clap), 5 (click), 6 (clap), 7 (knees)”
Name this the crossover section

Extension

- Try this at speed – then in reverse!
- Try as a round. Half the class begins the pattern and the other half begins after the first pattern of 7s is completed. The ‘Row Row Row Your Boat’ of body percussion!

Curriculum links**Music**

- Explore and Express
- Present and Perform

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

PizzIMMERSION

Professional Development Activities

Melbourne
Symphony
Orchestra

Need support?

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