

Rhythm

Time: Beat, Pulse, Rhythm, Tempo



One of the most important fundamentals of making music is how we deal with **time**. Here are some of the things you'll need to be aware of...

Rhythm - how long and how short the notes are

The individual notes that we sing or play each last for a specific duration. This is known as 'rhythm'. There are lots of words ('rhythm names') to describe these different durations.

Beat - the basic unit we use to measure time in music

To be able to describe and communicate about rhythms, we need a basic unit of time to measure them with ... that's the beat! Most pieces of music have a regular beat you can use to measure the rhythms. How long it lasts depends on the tempo of the music.

Pulse - the regular 'heartbeat' of the music

All the beats together are known as the pulse - this is the 'heartbeat' of music. It's what you tap your foot to or dance to! The speed of the pulse depends on the tempo, and can change ... but it always stays consistent. We never miss a beat!

Tempo - the speed of the music

The tempo is the overall speed of the pulse, and therefore it also dictates how fast or slow the beats and rhythms are too. The tempo of the music can be fast, or slow, or anything in-between!

Activities

1) What's Your Name?

- **Make** a circle with other people (or if you're practising on your own, think of the names of 4 people). **Clap** a regular beat - keep the tempo steady!
- **Go round** the circle and **say** each person's name once, whilst **clapping** on each syllable. **Keep** in time with the beat as you do this! Then **reverse** the direction (**say** the names in the reverse order).
- Try **saying** the names in a random order (each person should **choose** the next person by **pointing** at them). Always **keep** the pulse steady!

Rhythm Activities

Rhythm, Beats & Pulse



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2) Double it, Halve it!

- Choose a 1 syllable, a 2 syllable and a 4 syllable word. E.g.:



Cat



Cat - fish



Cat - er - pil - lar

- Clap** a steady beat, then **say** each word several times, in time with the beat. Each word lasts for one beat. The first syllable should always fall on the beat.

As you move from the 1 syllable word to the 2 syllable word (Cat, Cat-fish) you are **halving** the time values. You halve them again for the 4 syllable word.

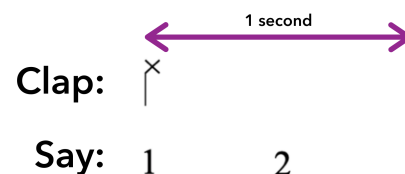
As you move from the 4 syllable word to the 2 syllable word (Cat-er-pil-lar, Cat-fish) you are **doubling** the time values. You double them again for the 1 syllable word.

- Clap a steady beat, then **say** each word in sequence. **Try** the pattern in reverse order. Then **speed it up**. How fast you can go, and still stay in time?

3) Subdivide It!

- Clap** a slow, steady pulse. **Say** the number "one" when you clap on the beat.

- Add the number "2" halfway through the beat, e.g.:



- Now keep adding more numbers to each beat, until you can fit six counts into the same amount of time, e.g.:

