

Level: First Grade

Lesson: Rhythm Sticks

Equipment: Two lummi sticks per child; drum or tambourine; tape or record player

- Objectives:
1. Children explore rhythm patterns using lummi sticks
 2. Demonstrate the knowledge of the surfaces of the body, through use of the lummi sticks.
 3. Tap out rhythms that are being played from the drum.
 4. Tap out rhythms that are being played from the music.
 5. Travel safely while tapping out the rhythm using the lummi sticks.
 6. Create a routine that taps out the rhythm with the music, that incorporates all three surfaces of the body.
 7. Work cooperatively with a partner.

Part 1: Warm up. (10 Minutes)

Play a warm up game that incorporates a lot of running, and exercise. Keep the flags on after the activity, to help get your class into partners.

Part 2: Lummi stick fun.

1. Listen to the rhythm I am tapping out. Can you tap this same rhythm with one lummi stick? (Repeat several times as this provides excellent auditory training. Have dancers tap out pattern using either hand.)
2. Let's explore rhythm patterns using two sticks in your home space:
 - Tap the sticks on the floor in front of you four times; to the sides four times; tap sticks behind you four times.
 - Tap the sticks together in the air four times; tap the ends of your sticks together, alternating your palms up and down four times.
 - Cross your arms in front of you and tap sticks to the floor.
3. Try this sequence:
 - tap in front; tap to sides; cross and tap floor; tap sticks together (four counts for each).
 - Can you flip each stick over, in turn, and catch it?
 - Try this sequence: tap front; together; flip and catch.
4. Listen to the music. Show me how you can use your stick like a conductor of an orchestra.
5. Listen to the drum's rhythm. Holding a lummi stick in each hand, show me how you can march in place and tap your sticks together in time to the drum beats. Now march in general space, tapping your sticks as if you were a drummer in a marching band. March forward, backwards, sideways; march in different patterns. Who can march and twirl your sticks like a baton twirler?
6. Skip in a circle and tap sticks together in front of you. Gallop and tap sticks above your head. Side-step, tapping sticks together on the opposite side of your leading foot.
7. Partner Rhythms: Find a partner and sit cross-legged, facing each other. Listen to the music being played. Tap out this rhythm pattern in time to the music:
 - Tap the floor in front four times; tap your sticks together.
 - Tap partner's sticks in the air; trade sticks with your partner.
 - Cross hands and tap sticks to floor; tap sticks together.
 - Tap partner's sticks in the air; trade sticks with partner; then flip each stick in turn and catch.

Part 3: Creative Lummi Stick activities

Now create your own Tapping Story, choosing any three or more tapping actions. They could be ones we have done, like tapping in front, or behind, tapping ground or stick, in different levels, or ones you think of. Your story should have a beginning, middle, and ending. Each tapping action will be done for four counts. And one of your tapping actions must be traveling. Take a few minutes to think of and practice

the three tapping actions you will use. (Give your class a beat to listen to on the drum, while they think of the three tapping actions they will use. Point out the students who have thought of their three and are practicing them. Let's try the tapping actions to music. Remember when you are traveling, some other students may be in their own space, so you will need to watch out for them. After you have finished your three tapping actions, you should start all over again. Keep repeating your pattern until the music stops.

When I say go, get a partner who has the same color flag as you. Find an own space to start in. Let one partner be the leader; the other, the follower. Show your pattern to your partner, and have them try it with you. Then let them show you their three tapping actions for you to try. Do both of your tapping actions together, one set at a time.

After everyone has shown their patterns to their partner, have everyone get another partner and repeat the task.

- Find a partner who has a different color flag than yours
- Find a partner who has a color flag different from the other two people you worked with today.