

Level: Second Grade

Lesson: Rhythm Sticks, Relationships/synchronization in relation to groups of three or more.

Equipment: Lumi sticks for everyone

Objectives: 1. Work in a group of four to create a routine that demonstrates synchronization. The routine should include four traveling steps and four in place movements.  
2. Work cooperatively with group.  
3. Have fun.  
4. Work safely.

Part 1: Warm up (5 Minutes) Aerobic routine.

Either create a routine that will warm the class up, or bring one that is on tape already.

Part 2: Everyone find an own space. I am going to tap on the rhythm sticks using an even rhythm.

(Demonstrate an even rhythm) The time between each beat is the same every time, so you can predict when the next beat will come. While I am beating the sticks, I want you to move your head side to side with the beat. Great! (Let them do this for 10 seconds or so, then name another part to move. Continue doing this until you have gone over at least 4/5 body parts.)

This time when I tap the sticks, you should walk four two steps forward and then two steps back. Keep repeating that pattern until I stop tapping the sticks. (Do this for 8 beats or so.) Now slide left two slides, and then back right two slides. Ready,...(begin tapping the sticks).

Let's put a routine together. I will tap the sticks with an even rhythm and you should stay in your own space and move a body part four times to the beat. The next four beats you should move a second part. After that you will do four traveling steps. Take a few seconds and decide which two body parts you will move and how you will travel for four steps. (Give them 10 or 15 seconds to think.) Are you ready? Ok here we go. (Begin tapping the sticks. Cue them when to move the first body part, the second part and then when to travel. The whole routine will be twelve beats.) How was that. Did your routine flow. Were you able to keep up with the beat. If you liked your routine, keep it, and if not think of what you would like to change. This time I am going to continue to tap the sticks, and after you finish your routine, you will start over again. Ready.... (Start beating the sticks, again cue the class where they should be. Play enough beats so that the class can do their routine at least three times in a row.) Wow, that was great! Now you will get to create a routine with a group! Come on in and sit down.

### Synchronization.

Seated, explain what synchronization is. It is when an routine is preformed by a group of people, at the same exact time. The movements are done at the same time, so that it looks like mirroring in the sense that it is not possible to tell who the leader is, since everyone moves at the same time. How many of you saw the Olympic event synchronize swimming?

Part 3: When I say go, I want you to get into a group of four. You have 10 seconds to do that or I will pick your group for you. Ready, 1,2,3.....10. In your group of four, you will create a routine that has two different body part movements in own space, and four traveling steps. You will practice your routine so that you are all synchronized. You should be able to continue to repeat your routine at least four times in a row. One person in your group can get some rhythm sticks so that you can practice with a rhythm. Remember to keep the rhythm even. I would like you to take turns playing the rhythm, so that all of you can have a turn to play the sticks as well as practice your routine. Remember you should create your routine together as a group. Ready, go.

As your students are working, walk amongst them, praising the cool ideas, groups that are working well

together, and the students who are playing even rhythms. Occasionally remind them to switch the people playing the rhythms. You can stop the class occasionally to have a group show their routine. Emphasize the idea of synchronization and team work to create the dance. If you have time, allow each group to show their dance.