

Play: Move, Count, Repeat!
Mastering Rhythm with Your Whole Body

1. Choose a piece for the movement activities found on pages 16–17.
 - Select a recording with a clear, steady rhythm.
 - Here are some options from J. S. Bach’s collections that feature varied meters and subdivisions:
 - [March in G Major](#), BWV Anh. 124 (in 2/2 with eighth note subdivisions)
 - [Minuet in G Minor](#), BWV Anh. 115 (in 3/4 with eighth note subdivisions)
 - [Musette in D Major](#), BWV Anh. 126 (in 2/4 with sixteenth subdivisions)
 - [Prelude in C Minor](#), BWV 999 (in 3/4 sixteenth subdivisions)
 - Alternatively, select a recording of a piece students are currently learning or will soon learn.
2. Guide students through the seven movement and listening steps on page 16.
3. Introduce common time and the Rhythm Pyramid on page 17.
 - Explain how 4/4 time works—4 beats per measure, quarter note gets the beat.
 - Use the Rhythm Pyramid to show how whole, half, quarter, eighth, and sixteenth notes fit into four beats.
 - Move to a steady pulse and speak the Rhythm Pyramid as a group.
4. Play the Four-Square Subdivision Challenge described on page 17.
 - Print the ready-made rhythm cards at kids.pianoinspires.com/activities.
 - Be sure to encourage teamwork and careful listening.
 - Add music as a back track to the game. Return to the videos above or other familiar recordings.
5. Reflect and Connect
 - Discuss the experience, and ask students:
 - How did moving to the beat help you understand the rhythms?”
 - “Which rhythm was easiest or hardest to keep steady?”