

Grade 1 Stage 1



Rhythmic exercises

Always practise the rhythmic exercises carefully first. There are different ways of doing these exercises:

- Your teacher (or a metronome) taps the lower line while you clap or tap the upper line.
- You tap the lower line with your foot and clap or tap the upper line.
- You tap one line with one hand and the other line with the other hand on a table top or any flat surface.
- You tap the lower line and sing the upper line.

Before you begin each exercise count two bars in – one out loud and one silently.

1 2

3 4

Melodic exercises

Hear each exercise in your head before you play it.

1

2

3

4

5

6

Prepared pieces

- 1 How many beats are there in each bar? Count six bars aloud, clapping the pulse at the same time.
- 2 Can you name all the notes in bars 1-3?
- 3 What do bars 2 and 3 have in common?
- 4 Play a C (the first note), then hear the piece in your head.
- 5 How will you put some character into your performance?

 1

Lightly

mf

- 1 What does $\frac{2}{4}$ mean? What is the $\frac{2}{4}$ marking called?
- 2 Tap the pulse with one hand and the rhythm with the other, on your knees or a flat surface.
- 3 Are there any repeated melodic patterns?
- 4 Compare the note in bar 3 with the first note in bar 4.
- 5 How will you put some character into your performance?

 2

Heavily

f

Improvise!

Improvise a 4-bar tune, then a 6-bar tune, beginning with these two bars. Keep it very simple!

Compose!

Compose your own 4-bar tune beginning with these two bars – make the final note an F. Then play your tune.

Going solo!

Talk about each piece before you play it. Mention note names, scale and rhythmic patterns, and the character. After you've played it, consider how well the music matched your description.

1

Boldly

2

Dancing

3

Strongly

4

Lightly

5

Cheerfully

6

Gently

7

Sleepily

