Objective: Introduce the student to the world of body music, also known as body percussion, and body drumming. We explore traditional styles from a variety of places and people, including hambone (US), kecak and saman (Indonesia), rus (Morocco), palmas (Spain), and more.

Music Standards:
Response to music is informed by analyzing context (social, cultural, and historical) and how creators and performers manipulate the elements of music.

Performers’ interest in and knowledge of musical works, understanding of their own technical skill, and the context for a performance influence the selection of repertoire.

Materials: Any floor surface, that provides space for students to move freely -- stepping back and forth, moving arms and legs as we clap, snap, step and sing. Wear comfortable clothing and shoes, or bare feet.

Introduction: Introduce the student to the world of body music, also known as body percussion, and body drumming. We explore traditional styles from a variety of places and people, including hambone (US), kecak and saman (Indonesia), rus (Morocco), palmas (Spain), and more.

Clapping techniques to warm up.

Activity:
From US: African American Hambone, Lawnmower, Stepping, Beat Box
From Indonesia: Kecak and Saman
From Morocco: Rus
From Spain: Palmas

Interaction of hands with mouth to create clapping with pitch, allowing us to play melody.

To end, we play Happy Birthday (Clappy Birthday) for anyone who has a birthday this year.

Reflection: We will continue our exploration of the sounds of the body and the music that can be produced with those sounds -- clap, slap, snap, brush, step, and sing. Lesson Two is all hands on (pun intended), as we map the body, learning a system that allows the student to create sonic and visual patterns, as we play some fun and funky rhythmic music.

Music Is First and Healdsburg Jazz