

LESSON PLAN

THEATER ACTIVITIES FOR BEATS

LESSON PLAN: Beat Stations

AGES: 3-7

OF PARTICIPANTS: 1-3

DESCRIPTION: Learn to distinguish the difference between 1/4, 1/8 and 1/16th notes.

INSTRUCTIONS:

STEP 1:

Create and/or find three items from your household that can be used as percussion instruments.

1/4-Note station: 2 long slender objects similar to drum sticks – wooden spoons – makeup brushes - rulers

1/8-Note station: 1 bucket set upside down – or use a table or counter

1/16-Note station: Rice or beans in a jar to be used as a shaker or coins in a soda can sealed with duct tape.

STEP 2:

Write the three different names of the stations on a piece of paper and place the items next to the paper.

1/4-Note station

1/8-Note station

1/16-Note station

STEP 3:

Que up the song “I Love Rock and Roll” by Joan Jett or another song with the same tempo. 90-95 BPM.

STEP 4:

The 1/4-Note station: Play the song and teach the student a quarter note beat.

This beat is the 1 2 3 4.

STEP 5:

The 1/8-Note station: Play the song and teach the student the 8th note beat.

This beat is the 1& 2& 3& 4&. This rhythm is twice as fast as the quarter note.

STEP 6:

The 1/16-Note station: Play the song and teach the student a quarter note beat.

This beat is the 1e&a 2 e&a 3 e&a 4 e&a - this beat is twice as fast as the 1/8th note.

STEP 7:

Start the song and practice each beat separately until everyone understands and has mastered their beat.

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STEP 8:

Start the song again and have everyone play their beats at the same time.

STEP 9:

Rotate stations until everyone has had a chance to play each beat.

STEP 10:

Start the song again only this time rotate stations every 30 seconds.

*If you aren't familiar with beats, check out my tutorial on [YouTube](#)

To watch the corresponding video demo, click [HERE](#)

LESSON PLAN

LESSON PLAN: Old School Dance Moves

AGES: 8-Adult

OF PARTICIPANTS: Any

DESCRIPTION: These dances are easy and fun to learn and help coordination and confidence.

INSTRUCTIONS:

STEP 1:

Search each of these dance moves on YouTube:

- How to Box Step – NOT BALLROOM
- How to do the Grape Vine dance move
- How to do a Ball Change dance move
- How to do the Lindy Hop dance move
- How to do the Twist dance move
- How to do the Pony dance move
- How to do the Monkey dance move

***BONUS ACTIVITIES FOR TRAINING FOCUS AND ATTENTION**

Theater Games with YouTube Video Tutorials

Search:

- Zip Zap Zop Theater Game
- Mirror Game Theater Arts