

**LOUDER THAN LIFE**

Unit A, Penistone 1  
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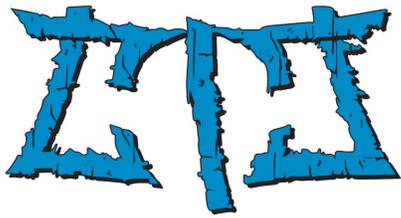
## ♪ Musical Warm Ups ♪

Always start with substantial Musical warm ups. Performing Musical Warm ups will:

- Get the children to focus on you
- Get the hands and body warmed up to avoid any potential pain or injury in preparation for the very physical drumming music lesson
- Introduce new elements, which you are going to develop in the lesson – these can be techniques, rhythms and ideas, etc.
- Develop musicianship, rhythm, pitch, holding a part, working together as a team, etc.

Warm ups are not just a preparation for the work to come; they are the work itself! Do not be afraid of repetition, as rituals are very effective in getting children 'in the zone' but of course be sensitive to boredom.

Here are 3 Warm Up ideas to work on. Choose one or two warm ups to do each week. Try and progress with these over a few weeks before introducing a new one.



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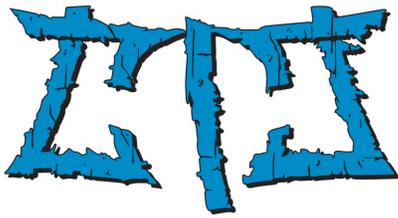
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## **Warm Up 1 – Circle Game**

Seat the children in a circle. Clap one beat per person around the circle. Vary the tempo. Set off more claps at intervals (up to four, depending on how big the circle is). So for example, allow the clap to travel three or four places around the circle and then start another one. Add other sounds besides clapping such as body percussion, words or vocal sounds. Sending claps and sounds off in opposite directions gets complicated – what would happen if you sent a clap in one direction and a word (“Yo!” works well) in the other?

## **Warm Up 2 – Call and Response**

Stand the children in a circle. Keep tempo with foot stamps (Right, left, right, left). Allow the children to lead – Have one child improvise a 4 beat rhythm through clapping. After 4 beats, the rest of the group copy this back. This can go round the circle in turn, or each individual can name the next soloist. Vary the length of the clapping to develop creativity in the individual, and listening and remembering skills in the group.



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### **Warm Up 3 – Body Percussion ‘ 3 against 4’**

Have half the class make a line, and the other half in a second line parallel to them. Get the children to face each other so they all have a ‘partner’ in front of them. One line is Team 1 and the other is Team 2.

Have them all learn the 4 Beat Body Percussion Rhythm:

| : Stamp Stamp Knee Knee Belly Belly Clap : |  
| : ♪ ♪ ♪ ♪ ♪ ♪ ♪ ♪ : |

This is repeated three times. On the third time however, the Clap is supplemented with a ‘High Ten’ with the children’s partner.

After the children can achieve this, teach them the 3 beat Body Percussion Rhythm:

| : Stamp Stamp Belly Belly Clap : |  
| : ♪ ♪ ♪ ♪ ♪ : |

This is repeated four times. On the fourth time the Clap is supplemented with the ‘High Ten’ as with the 4 beat rhythm.

Once the children can achieve both of the above, have Team 1 do the 4 Beat Rhythm and Team 2 do the 3 Beat Rhythm. If done correctly they should all end up with the ‘High Ten’ at the end! (Both rhythms have a total of 12 beats)

To make this easier have the children face away from their partner. This will make it easier to concentrate on their own rhythm, but make sure they spin around on the last ‘Belly’ ready for the High Ten!

Also have them speak the actions as well as performing them.