

Strings - Red Award

# Pulse and Rhythm

# What is pulse?

- In music, the pulse is a bit like our heart beat, or a ticking clock.
- It is usually a steady beat, and we can try to clap along with it.
- It can be fast, slow, or any speed.
- We can count the pulse to help us play our short and long notes.
- We can feel the pulse when we listen, or even when we dance.



# Pulse: Activities

## Have a go

Try listening to a ticking clock. See if you can tap or clap along with it. Can you hear how the pulse stays the same speed?

## Red Award Challenge

See if you can clap or tap the pulse while someone else plays a tune.

## Bonus

See if you can keep the pulse going for a little bit after the music has stopped.

# What is rhythm?

- Rhythm is a group of different note values. They might be short notes, long notes, or a mixture.
- There are all sorts of ways to play a rhythm and you don't even need your string instrument. You can clap, tap, shake or scrape a rhythm.
- Rhythms make music really exciting. It is even more fun mixing different rhythms together.



# Rhythm: Activities

## Have a go

Try listening to a short rhythm. See if you can copy and clap it.

## Bonus

Try clapping the same rhythm very slowly, in slow motion.

## Red Award Challenges

Can you hear the difference between short and long notes?

Can you read and play notes of different lengths?

Have a go making up an interesting rhythm.  
Choose a string to play it on.