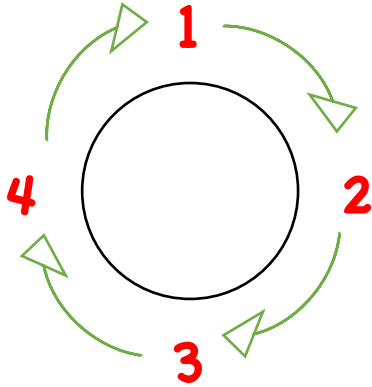


GOAL #1: CROTCHETS AND RESTS

4-beat Cycles



Each player chooses a single beat to play on. Tap only on that beat each cycle without getting distracted by other players. Challenge yourselves by playing on three different beats each.

Can you tap your beat at different volumes?

Repeat

When we tap on the beat, we play crotchets.

When we rest for a beat, that's a crotchet rest.



You can play 'Guess the Rhythm', then progress through them playing 4 times each with 4 beats rest in between.

a)

1	(2)	3	4

b)

1	2	3	(4)

c)

1	2	(3)	4

d)

(1)	2	3	4

e)

1	2	(3)	(4)

f)

1	(2)	3	(4)

g)

(1)	2	3	(4)

h)

(1)	(2)	3	4

i)

(1)	2	(3)	4

j)

1	(2)	(3)	4

h)