Daily Dose of Rhythm Exercises

The MacPhail Suzuki program will celebrate the month of February by challenging students to a daily dose of rhythm exercises for 29 days!

The goal is to help students organize themselves to maintain a steady beat while demonstrating ease and fluency with a variety of rhythms. This is an important skill to continue developing at all levels of musicianship.

- Teachers will help students choose a level for a month of exercises: Twinkle, Bach, Mozart, Brahms or Shostakovich
- Teachers will share strategies for setting and keeping a steady beat.
- Teachers will share their suggested language for finding and counting the rhythms within a steady beat.
- Teachers will communicate what is required to master the daily exercise (tapping, clapping, counting aloud, playing, etc).

Each ❤️ represents a day in February.


Complete all 29 exercises? Submit your photo with your completed chart and your teachers signature by Monday, March 9, 2020 to larusso.kamini@macphail.org. Photos will be published in a Special Edition of the Suzuki Gavotte Newsletter.
Level: TWINKLE
For each ♫ exercise do the following:
Student: Choose a rhythm from a twinkle variation.
Practice Partner: Find a steady beat to tap.
Practice Partner: Whisper the name of the rhythm to fit into the steady beat.
Practice Partner: Tap the beat, say "Set Go!" to invite the student to say and repeat the name of the rhythm x times in a row within the steady beat.

Challenge = Student and Practice Partner trade jobs.
March or Clap the steady beat.
Clap, tap, sing or play the rhythm x times in a row within the steady beat.

1. 4x in a row
2. 4x in a row
3. 4x in a row
4. 4x in a row
5. 4x in a row
6. 4x in a row
7. Listen to the recording of Variation A. Find the beat. Tap the beat on your lap.
8. 8x in a row
9. 8x in a row
10. 8x in a row
11. 8x in a row
12. 8x in a row
13. 8x in a row
14. Listen to the recording of Variation B. Find the beat. March the beat in your feet.
15 16x in a row
16 16x in a row
17 16x in a row
18 16x in a row
19 16x in a row
20 16x in a row
21 Listen to the recording of Variation C. Find the beat. Clap the beat in your hands.
22 24x in a row
23 24x in a row
24 24x in a row
25 24x in a row
26 24x in a row
27 24x in a row
28 Listen to the recording of Variation D. Find the beat. Tap the beat on your knees.
29 Choose 2 twinkle rhythms. 24x in a row.

Keep up the Steady Beats! All musicians need to know how to set and keep a steady beat.

Student Signature

Teacher Signature
Level: BACH
For each exercise, prepare the following:
Organize the time signature.
Name all the rhythms.
Fit the rhythms into the beat.
Clap, tap, sing, or play the various rhythms.
Repeat above steps until exercise feels easy.

To master each exercise for each 3day:
Set the beat for a full measure.
Clap, tap, sing, or play the rhythms within the steady beat with ease.

Write your own rhythms using d d o
Write your own rhythms using ♪♫♫♫♩♩♫♫

Fill in the missing rhythm:

Create your own!
Level: MOZART
For each exercise, prepare the following:
Organize the time signature.
Name all the rhythms.
Fit the rhythms into the beat.
Clap, Tap, Sing or Play the various rhythms.
Repeat above steps until exercise feels easy.

To master each exercise for each day:
Get the beat for a full measure.
Clap, Tap, Sing or Play the rhythms within the steady beat with ease.

Write your own rhythms using
Copy the first measure into the second measure.

Write your own rhythms for the exercises below.
Level: BRAHMS
For each exercise prepare the following:
Organize the time signature.
Name all the rhythms.
Fit the rhythms into the beat.
Clap, Tap, Sing or Play the various rhythms.
Repeat above steps until exercise feels easy.

To master each exercise for each day:
Get the beat for a full measure.
Clap, Tap, Sing or Play the rhythms within the steady beat with ease.
Write your own rhythms to complete each one below:

Student Signature

Teacher Signature
To master each exercise, try each day:
Start the beat for a full measure.
Clap, tap, sing or play the rhythms within the steady beat with ease.

Level: SHOSTAKOVICH
For each exercise, prepare the following:
Organize the time signature.
Name all the rhythms.
Fit the rhythms into the beat.
Clap, tap, sing or play the various rhythms.
Repeat above steps until exercise feels easy.

1.\[\text{\textfraction} 8\]
2.\[\text{\textfraction} 8\]
3.\[\text{\textfraction} 8\]
4.\[\text{\textfraction} 8\]
5.\[\text{\textfraction} 8\]
6.\[\text{\textfraction} 8\]
7.\[\text{\textfraction} 8\]
8.\[\text{\textfraction} 8\]
9.\[\text{\textfraction} 8\]
10.\[\text{\textfraction} 8\]
11.\[\text{\textfraction} 8\]
12.\[\text{\textfraction} 8\]
13.\[\text{\textfraction} 8\]
14.\[\text{\textfraction} 8\]
For the following exercises, write your own rhythm sentences, and then sing, clap, tap or play.

Student Signature

Teacher Signature