

Singing Sherlock's Factfile 1

FEEL THE HEARTBEAT!

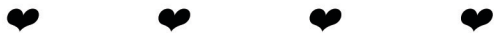
What is pulse?

Pulse is something you feel and hear in music – an underlying throb rather like a heartbeat or ticking clock. It may make you want to clap or move in time. Not all young children feel the pulse automatically; it depends on their previous experiences.

What is rhythm?

Rhythm is a pattern of short and long sounds and silences that decorate a pulse. For example, if you chant a rhyme, the words of the rhyme make a rhythm pattern over the feel of the pulse.

To illustrate this, say the rhyme and tap the heartbeats of the following; the heartbeats are the **pulse**:



Jack and **Jill** went **up** the **hill**

Now say the rhyme and clap the syllables in each of the words; this is the **rhythm**:



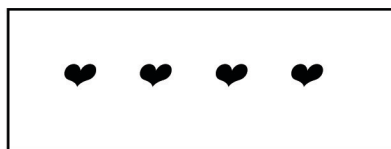
Jack and Jill went up the hill

The songs

All the songs in this section create opportunities for the children to move their bodies in different ways to a regular pulse.

You could use these songs as warm-ups and “ice-breakers” at the beginning of a singing session. Action songs are a perfect way to release tension. They also work well at the end of a music session to finish on a high point. Always remember to calm the children down at the end.

To introduce the idea of pulse you could make a flash card as follows:



Point to the hearts in time, and ask the children to tap or clap in time. Try this while singing a song they know well.