

**MUSIC STUDENT ACTIVITY 1**

Your task today is to explore Body Percussion sounds.

If you can, watch the video of the piece of music “Connect It” by Anna Meredith to get an introduction to the idea of what can be done with body percussion:

<https://www.bbc.co.uk/programmes/p02b5c9g>

1. Can you describe how they are using their bodies to create music?
  
2. Can you recreate these sounds using your own body? Give it a go!
  
3. How are they combining sounds to make the piece more complex and interesting?

**MUSIC STUDENT ACTIVITY 2**

Composing a body percussion piece.

Try creating your own piece of body percussion, by choosing sounds that you can make, and organise them into a timeline.

You may like to use the below grid to help you organise your sounds:

Each box in the grid below represents one beat (8 beats on both the top and bottom rows).

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

**Example of completed body percussion grid**

1	2	3	4	5	6	7	8
Stamp	Chest/Click	Stamp	Clap	Stamp	Chest/Click	Stamp	Rest
9	10	11	12	13	14	15	16
Stamp	Chest/Click	Stamp	Clap	Pat thighs	Pat thighs	Rest	Shout 'Whoop!'

If you want to push this a little further, why not try performing with 2 or more players, but start at different points to make a polyrhythm!