

TEACHER'S GUIDE

**FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS**

VOCAL MUSIC

GRADE 7

**TITLE OF CARD : Introduction to Rhythm
(Regularity of Beats & Clapping)**

**MOE
MAHATMA GANDHI INSTITUTE
2025**

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GRADE 7

GUIDE TO EDUCATORS

Card 2

TITLE OF CARD :

**INTRODUCTION TO RHYTHM
(Regularity of Beats & Clapping)**



Competency

Students develop rhythmic awareness and maintain a steady beat through clapping, counting, and simple body movements.

Element

Recognise and produce steady beats and simple rhythmic cycles.

Performance Criteria

Level 1: Claps and counts beats with teacher support; maintains beat with guidance.

Level 2: Claps steady beats independently and maintains 3-beat and 4-beat cycles with control.

Range:

Regular beat cycles of **3/3** and **4/4** (Equivalent concepts in Hindustani/Carnatic music such as **Taal, Matra, Laya** apply. Adapt as necessary for Carnatic Music.)

Purpose of Activity

- To help students understand that rhythm is the steady pulse that forms the foundation of all music.
- To develop the ability to maintain a regular beat through clapping and counting.
- To introduce beat cycles such as 3/3 and 4/4, preparing students for future work in Indian music rhythmic structures.

Learning Outcomes

By the end of the lesson, students should be able to:

- Define rhythm in simple terms.
- Clap a steady beat with consistency.
- Count and clap **3-beat** and **4-beat** cycles accurately.
- Demonstrate understanding of how beats are grouped into cycles.

Resources & Materials

Teacher may devise their own resources or use:

- Metronome / steady beat audio / analogue clock
- Hand percussion (clappers, shakers, tabla or hand drum)
- Whiteboard and markers
- Visual chart showing beat cycles (3/3 and 4/4)

Teaching Trajectories / Implementation Guidelines

Introduction

What is Rhythm?

Rhythm is the pattern of beats in music that gives it structure and movement. It is the way music is organized over time, helping us know when to start, stop, or change sounds. Beats are often grouped into cycles, which repeat regularly, creating a predictable pattern. By following rhythm, musicians stay in time with each other, and listeners can feel the music's flow.

Why is Rhythm Important in Music?

Rhythm is important because it forms the foundation of all music. Without rhythm, music would be unorganized and confusing. Rhythm guides timing, phrasing, and expression, allowing musicians to create patterns that are easy to follow. It also adds energy and emotion, making music exciting and memorable. In songs, dances, and compositions, rhythm connects all elements together. Learning rhythm helps students develop coordination, timing, and listening skills. Overall, rhythm is essential for performing, composing, and enjoying music fully.

How is Rhythm Known in Indian Music?

Hindustani Music:

In Hindustani music, rhythm is called Taal and is measured in Matras (beats).

Carnatic Music:

In Carnatic music, rhythm is known as Tala. It is measured in Matras (beats)

Which Instruments are Used for Rhythm?

Rhythm is created using instruments like the Tabla, Dholak, Mridangam, and other percussion instruments.

These instruments help performers and listeners follow the rhythm in music



TABLA



DJEMBE



CLAPPING HANDS



DHOLAK



MRIDANGAM

Teaching Steps

1. Begin with a warm-up for beat awareness:

- Play a metronome at a slow tempo (60 BPM) or use the tick of an analogue clock.
- Students march lightly or step side-to-side while listening to the steady ticks.
- Students clap exactly on each tick.
- Reinforce: "A steady beat stays the same. Rhythm in music follows the same idea."

2. Introduce the concept of rhythm:

- Define rhythm: "Rhythm is the pattern of beats in music."
- Explain that beats are grouped into cycles in Indian music (Taal/Matra).
- Show number flashcards to demonstrate grouping of beats.

3. Practice clapping steady beats:

- Teacher claps slowly → students repeat.
- Teacher claps moderately fast → students repeat.
- Add counting aloud: "1-2-3-4 | 1-2-3-4..."

4. Introduce the 3-beat cycle (3/3):

- Explain: "Some rhythms have 3 beats before they repeat."
- Write on board: 1-2-3 | 1-2-3
- Students practise clapping and counting.

Tabla

Djembe

Dholak

Clapping of hands

Mridangam

- Add simple body movements (clap-clap-tap).
- Connect to 3-Matra cycles in Hindustani/Carnatic music. (Adapt as necessary for Carnatic Music.)

5. Introduce the 4-beat cycle (4/4):

- Explain: "Some rhythms have 4 beats before repeating."
- Write on board: 1-2-3-4 | 1-2-3-4 ▪ Students practise with metronome support.
- Compare with 3/3: "Which cycle feels longer? How are they different?"
- Connect to common 4-Matra Indian rhythmic patterns. (Adapt as necessary for Carnatic Music.)

6. Conduct activities:

- **Activity 1 - Steady Beat Clapping:** Students clap along with a metronome or steady beat.
- **Activity 2 - 3-Beat and 4-Beat Practice:** Students practise both rhythms individually and in small groups.
- **Activity 3 - Pair Challenge: In pairs:**
 - Student A claps a 3-beat cycle
 - Student B claps a 4-beat cycle
 - Then switch roles
 - Optional teacher challenge: student



Assessment

Formative – Formative: Class Participation & Oral Questions

Sample questions:

- What is rhythm?
- What is a steady beat?
- Can you clap a 3-beat cycle?
- Can you clap a 4-beat cycle?



Assessment Criteria

Steady Beat

- **Consistency** - maintains a regular beat
- **Accuracy** - claps on the beat without rushing/slowing
- **Control** - keeps tempo steady
- **Listening Skills** - adjusts to teacher or metronome cue

Beat Cycles (3/3 and 4/4)

- Correct counting
- Matching claps to the correct beat number
- Smooth transitions between cycles



Assessment Rubric

Criterion	Basic	Intermediate	Proficient
Steady Beat	Struggles to keep beat; claps unevenly; requires constant guidance	Keeps beat with some inconsistency; needs occasional support	Maintains steady beat independently throughout activity
3/3 & 4/4 Cycles	Difficulty counting/clapping accurately; frequent pauses	Counts correctly with minor errors; claps mostly in time	Counts and claps cycles accurately and confidently
Listening & Coordination	Does not adjust when tempo changes	Adjusts with reminders; developing awareness	Responds immediately to cues; maintains strong coordination



Extension Activity

Sing and clap along with familiar 3/3 or 4/4 songs such as “Chagan Magan Paani Bhare” Bhojpuri song or “Enn ti Marmite” song in Creole for 3/3 Rhythm. “Give me some shine” form Hindi Flim 3 Idiots or “Twinkle Twinkle Little Star” – Nursery rhyme in English for 4/4 Rhythm.



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