

STUDENT'S WORKSHEETS

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
2026**

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GRADE 7

STUDENT'S WORKSHEET

Card 2

TITLE OF CARD :

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





Introduction

What is Rhythm?

Rhythm is the pattern of sounds and silences in music. It is what makes music move and feel lively. Every song has a rhythm, which helps musicians and singers keep time.

Why is Rhythm Important?

- Rhythm helps us stay in time while singing or playing music.
- It improves listening skills and concentration.
- Rhythm helps in clapping, marching, and playing musical instruments.

Understanding Rhythm in Indian Music

In Hindustani music, rhythm is called **Taal**, and in Carnatic music, it is called **Talam**. It is created using hand claps, beats, and instruments.



Warm-Up

Before practising rhythm, students should:

- Sit or stand in good posture.
- Listen carefully to the beat.
- Clap slowly to feel the rhythm.



Self Assessment

Name: _____ Date: _____

Class: _____

Activity Section

Activity 1: Write the Definition

What is rhythm?

Write a simple definition in your own words:

.....

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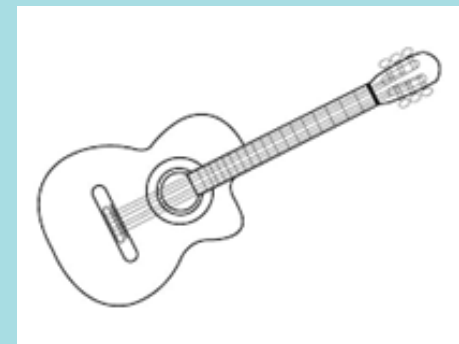
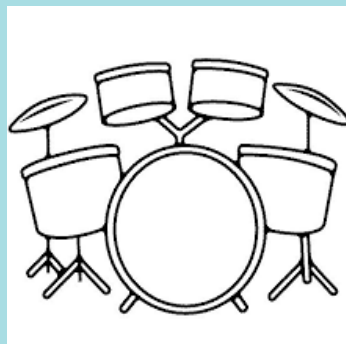
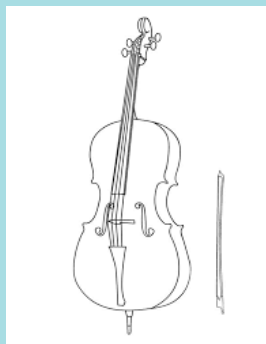
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Activity 2: Colouring Fun

Instructions: Below are pictures of different musical instruments. Your task is to:

1. Identify which instruments are used for rhythm.
2. Colour **ONLY** the rhythm instruments using bright colours.
3. Leave the non-rhythm instruments uncoloured



Activity 3: Multiple-Choice Questions

1. Why is rhythm important?

- a. It makes music move and feel alive
- b. It helps us read books faster
- c. It helps us eat properly

2. Which of these instruments is used to show rhythm?

- a. Tabla
- b. Flute
- c. Harmonium



3. A cycle of beats in music is called:

- a. Swara
- b. Taal / Talam
- c. Raga



Self Check

Rate yourself by drawing the emoji that suits you better

Yes	NO
	

Statement	Yes	No
1. I can clap a steady beat.		
2. I can clap a 3-beat cycle.		
3. I can clap a 4-beat cycle.		
4. I can recognize instruments used for rhythm.		

Reflection

What did you learn about rhythm in today's lesson?



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