

MORAY SCHOOLS YMI TRAINING NOVEMBER 2011

Facilitators: Tom Morley, Steve Sharpe

Introduction circle

A nice welcoming ritual involves all people standing in a circle. One person begins by shaking his/ her hand with the next person to his left and then proceeds to make his way around the circle shaking everyone's hand. The person with whom he first shook hands follows on from him after a while and also moves around the circle shaking everyone's hand. The third person then follows on and so on and so forth until all people have shook hands with everyone!

Bean bag throwing game

A great way to encourage concentration & focus, rhythm, teamwork and a whole lotta fun! Also a great way to learn people's names! This game begins with one person throwing a bean bag to someone else while shouting out their name. The person who receives the bean bag then throws it to someone else in the circle, and so the bean bag gets thrown around the circle until everyone has had a go. The same pattern is then repeated with the original bean bag and mid way through the sequence a further bean bag is introduced! Now there are 2 bean bags flying around the circle in the same order! A third, 4th, 5th, 6th bean bag can then be introduced until the whole circle becomes a frenzy of bean bag throwing and catching!

Gum boot dance

| | | | | | | | |
|-------|-------|------|---------|-----|-----|------|--|
| Stamp | Stamp | Clap | Lap lap | Lap | Lap | Clap | |
| Boot | Stamp | Clap | Lap lap | Lap | Lap | Clap | |

See <http://www.drumfun.co.uk/training.htm> for a video of this.

Body Percussion 7's – in groups

In this exercise, I split the group up into a few teams of 3 or 4 per team. The brief was to create a simple body percussion rhythm by allocating sounds to different numbers. Example's

| | | | | | | | |
|-------|------------|-------|------|--------|-------|-------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | (rest) |
| Clap | Chestchest | lap | lap | Chest | Chest | Clap | |
| Chest | Clap | Chest | Clap | Laplap | Lap | Click | |
| | | | | | | | |

The tips I gave were to: keep it simple and work either up or down, so as to not be too disjointed. Use a mixture of beats, double beats and rests.

We then heard all of the rhythms from the mini teams and put them together to create our body percussion orchestra, and a grand finale of Clap Clap Clap Clap Clap ...HEY!

Pass the clap

The whole group stands in a circle and taps their lap to a steady beat. A clap is then passed around the circle in either direction. It is important to give clear eye contact when passing the clap. Once mastered the clap can then be passed across the circle as well as to the left or right. A great fun game and very useful for engaging a group that may have become slightly disengaged.

O – Leh –O song

Tom got the whole group moving with a simple forward and backward rocking motion and sang an African call and response field song:

O – Leh – O

O-Leh – O

O – leh O –leh o-leh O – la la

Visit <http://www.drumfun.co.uk/training.htm> for a mp3 of this song

Cup game

| | | | | | | | |
|------|---------|---------------|------|-------------------|-----------------|-----------------------------|--|
| Clap | Clap | Tap tap | Tap | Clap | Pick up | Move to right | |
| Clap | Pick up | Hit left hand | Down | Swop to left hand | Right Hand down | Give cup to person on right | |

See <http://www.drumfun.co.uk/training.htm> for a video of this.

Song: Bring me little water

See <http://www.drumfun.co.uk/training.htm> for a video of this.

Boomwhackers – Stick Dance

The group stand in a circle and each person faces a partner (stood next to them). They tap out a rhythm on the boomwhackers:

| | | | | | | | | |
|------|----------|----------|------|----------|----------|------|----------|--|
| Hand | Together | Together | Hand | Together | Together | Hand | Together | |
|------|----------|----------|------|----------|----------|------|----------|--|

This rhythm is played twice, the second time the couple turn together 180 degrees. After the second time each individual person turns 180 degrees and ‘faces their new partner!’. And so the dance continues!

Groove Building

Tom and Steve gave a short presentation and modelled simple and effective way to build improvised grooves with your group. Teachers were invited to come in and have a go at creating simple 3 or 4 part grooves using voices, body sounds and boomwhackers. Some of the simple tips were as follows:

Create a simple foundation, some form of movement to embody the rhythm.

Keep it simple.

Make space in the rhythms so that rhythms can connect and so people don’t get tired

Use dynamics (e.g. volume up and down) to make it interesting

Song: Imela

Imela

Imela

Imela Chuk-Wu Imela

Origin: Ebo (Nigeria)

Meaning: Give thanks for life

See <http://www.drumfun.co.uk/training.htm> for a video of this.

Samoan Sequence

Hoppi (attention)

Kiraru (Relax)

Minima (rub hands together)

‘Tunge Tunge Tunge Eh’

‘Eh a Tunge Eh’

Lopati – Clap Clap

Lopati Malpo – Clap Clap Pull a face

Hey Hey – Ho

Ho Ho – Hey

Amanima – 12345,12345 123,123 12,12 1,1 HEY!

See <http://www.drumfun.co.uk/training.htm> for a video of this.

St. Ives

Steve demonstrated how a nursery rhyme can be used as source material to create a song, imagery, and musical composition. Taking a rhyme in this way we are looking at what the imagery is, what musical (and other) themes we can take from the rhyme.

See <http://www.drumfun.co.uk/training.htm> for a video of the final composition!

Che Che Kule

A simple Ghanaian children's song, sung in call and response:

Che Che Kule
Che Che Kofi Sa
Kofi Sa Langa
Kaka she Langa
Ku ma dende (response x 2)
HEY!

See <http://www.drumfun.co.uk/training.htm> for a video of this.

Scat Cards

Using simple Scat or nonsense phrases the children can play simple rhythms. Phrases such as 'Doo doo dibby dibby ding dong wap' and Kazan ka boom foo foo foo' appear on ready made Scat Cards which can be purchased online from:

<http://stress-solutions.com/cards.htm>

Pass the beat (2 to change)

This game involves a beat being passed around the circle on a drum. Also there is the option of a double beat being played. The game is that: as the beat goes around the circle, if ever a double beat is played instead of a single beat, then the direction of the travelling beat changes. This game is good for co-ordination, group awareness and concentration!

A tip: Often it works better to say that each person only has a given number of double beats that they can play (example 2 or 3), otherwise some times the flow of the game can be difficult to achieve.

Acknowledgement circle

Each person comes into the middle and says their name and makes a gesture, the whole group copy them and then applaud massively!

Wow! What a lot we learned! And so much fun was had by us all!
Thanks One and All!!

Steve & Tom x