



EduTrend Contents

G4C · MUSIC AND MOVEMENT GAMES · PRIMARY

Echo Rhythms

Clap back the leader's four-beat rhythms, then take turns leading

Ages 4–8

Level: Foundation

10 minutes

Whole group of up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Echo Rhythms

The leader claps a short rhythm of four beats, and the group claps it back straight away. Repeat with new patterns, gradually adding pauses and quick double claps. After a few rounds, children take turns as leader. Use body percussion such as patting knees for variety.

Learning outcomes

By the end of the session pupils can:

- listen carefully;
- copy a rhythm accurately;
- keep a steady beat;
- lead a simple pattern.

KEY WORDS

rhythm · beat · echo · clap · pattern
· lead

CURRICULUM LINKS

Music: rhythm and pulse. English: listening. PE: coordination.

1**WARM UP**

Bodies and ears ready

2**EXPLAIN**

One game, clear signal

3**PLAY**

Listen, copy, create

4**PERFORM**

Share the sound

5**TALK**

What did you hear?

6**COOL DOWN**

Slow and calm

Materials (whole group)

- None, or a drum or shaker for the leader
- Worksheets 1, 2 and 3

Before the session

- Plan simple patterns.
- Agree a stop signal.
- Model an echo.
- Plan leader turns.

SAFETY

Keep claps and taps gentle; no loud sounds near ears.

ACTIVITY 01 · SESSION PLAN

Step by step

Copying rhythms builds auditory memory, which also plays a part in learning to read and spell.

Time	What happens	Say or ask
0–2 min Warm up	Pat a steady beat on knees.	<i>"Can we all keep together?"</i>
2–3 min Explain	Echo rules.	<i>"Listen, then copy."</i>
3–8 min Play	Echo rounds; add pauses.	<i>"Did we match?"</i>
8–10 min Cool down	Child leaders, then quiet taps.	<i>"Whose pattern was trickiest?"</i>

CHALLENGE CARD (print or copy onto the board)

Copy each rhythm exactly, including the pauses.

ACTIVITY 01 · FACILITATOR NOTES

The music game know-how in brief

Keeping a beat asks children to listen, predict and move in time.

Copying rhythms builds auditory memory.

Common ideas to listen for

- “Louder is better.” Accurate is better.
- “Pauses don’t count.” Silence is part of rhythm.
- “Only musicians can lead.” Everyone can.

Adapting the activity

Support

Use body percussion children can see, and keep patterns to three beats.

Stretch

The leader claps two patterns and the group repeats only the second one.

WORKSHEET 1

Rhythm boxes

Name: _____

Class: _____ Date: _____

Draw claps as dots and pauses as gaps.

My rhythms

Beat 1	Beat 2	Beat 3	Beat 4

WORKSHEET 2

Body percussion

Tick the sounds you used.

Sounds

Sound	Used?
Clap	
Pat knees	
Stamp	
Click	

WORKSHEET 3

Reflection

Draw or write.

My favourite rhythm was...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Listens carefully	Copies accurately	Keeps a beat

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Echo Rhythms is a sample activity from the EduTrend Contents G4C Music and Movement Games programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with pupils in your own school, club or home. It may not be resold or published elsewhere. Photos: Aarón Blanco Tejedor / Unsplash.