



EduTrend Contents

W4C · DANCE AND RHYTHMIC SPORTS · PRIMARY

Rhythm and Rope

Keep a beat with body percussion and skipping

Ages 8–11

Level: Developing

50 minutes

Groups of 4 · up to 30

Activity 02

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

ACTIVITY 02 · AT A GLANCE

Rhythm and Rope

Pupils find the beat in music, copy and create body percussion patterns, then learn basic skipping steps such as the two-foot bounce, skier and running step. In groups they combine skipping with counts of eight to perform a short rhythmic routine.

Learning outcomes

By the end of the session pupils can:

- find and keep a steady beat;
- perform body percussion patterns;
- skip with a rope using two or more steps;
- create a routine in counts of eight.

KEY WORDS

beat · rhythm · tempo · counts of eight · body percussion · skipping · routine

CURRICULUM LINKS

PE: dance and fitness. Music: beat, rhythm and tempo. Maths: patterns and counting.

1**WARM UP**

Raise and mobilise

2**EXPLORE**

Try the movement idea

3**CREATE**

Make a phrase

4**REHEARSE**

Practise and refine

5**PERFORM**

Share and watch

6**COOL DOWN**

Reflect and stretch

Materials

- Skipping ropes of suitable lengths
- Music with a clear beat
- A drum
- Space with a safe surface
- Worksheets 1, 2 and 3

Before the session

- Check rope lengths: handles reach the armpits when standing on the middle.
- Choose music with a steady tempo.
- Mark group spaces.
- Practise the steps yourself.

SAFETY

Space groups well apart. Check ropes for damage. Skip on a non-slip surface. Land softly on the balls of the feet.

ACTIVITY 02 · SESSION PLAN

Step by step

Count out loud in eights: it links music, body percussion and skipping and helps groups stay together.

Time	What happens	Say or ask
0–8 min Warm up	March, clap and step to the beat.	<i>"Can you feel the beat?"</i>
8–18 min Body percussion	Copy patterns: clap, stamp, click, pat.	<i>"Can you make an 8-count pattern?"</i>
18–30 min Skipping	Learn two-foot bounce, skier and running step.	<i>"Where do you land?"</i>
30–45 min Create	Groups build a 4 x 8 count routine and perform.	<i>"How do you stay together?"</i>
45–50 min Cool down	Calf stretches and reflection.	<i>"Which step was hardest?"</i>

CHALLENGE CARD (print or copy onto the board)

Create a group routine of four counts of eight that combines body percussion and at least two skipping steps, performed in time with the music.

ACTIVITY 02 · FACILITATOR NOTES

The dance know-how in brief

The beat is the steady pulse in music; rhythm is the pattern of long and short sounds over it; tempo is how fast the beat is, measured in beats per minute. Much popular music is counted in groups of eight beats.

Rope skipping is a competitive sport in many countries, with speed and freestyle events. Skipping builds coordination, timing and cardiovascular fitness, and landing lightly on the balls of the feet reduces impact.

Common ideas to listen for

- “Rhythm and beat are the same.” The beat is steady; rhythm varies.
- “Jump high to skip well.” Low, light jumps are more efficient.
- “You have to be musical to dance.” Everyone can learn to count and keep a beat.

Adapting the activity

Support

Jump over a rope laid on the ground or swung slowly by partners.

Stretch

Add a crossover or a double under, or perform in canon.

WORKSHEET 1

Body percussion

Name: _____

Class: _____ Date: _____

Write your 8-count pattern.

Pattern

Count	Sound
1	
2	
3	
4	
5	
6	
7	
8	

WORKSHEET 2

Routine plan

Plan your routine.

Routine

Eight	Move or step
1st	
2nd	
3rd	
4th	

WORKSHEET 3

Reflection

Think about your routine.

How we stayed in time

A step I improved

FOR THE TEACHER

Assessment checklist

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

Pupil	Keeps a steady beat	Skips with control	Creates a group routine

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

ABOUT THIS ACTIVITY

Rhythm and Rope is a sample activity from the EduTrend Contents W4C Dance and Rhythmic Sports programme (primary, level: developing). 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.

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