

MINI MEN: MOVES AND GROOVES

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Middle School is a time of transition, growth, discovery and identity formation and music education plays a crucial role in the physical, social, emotional and intellectual development of students. Boys (mini men) benefit from specific teaching strategies that engage and connect their bodies and minds, and they enjoy the challenge and rigour of part work, games and coordination activities. This interactive workshop explores kinaesthetic learning activities that feature in a middle school music program in an all-boys school in Brisbane, Australia. Participants will be encouraged to explore how Kodály staples such as hand signs, tone ladders, body contouring, pitch contouring, finger staff drills, body ostinatos, beat keeping, rhythmic part work, body percussion, instrumental work and games can expand the physical (fine and gross motor) skills and mental capabilities of young men ... and women! Practical examples and takeaways will be provided that link these essential music activities with sport and popular culture references to keep students engaged, challenged, and hungry for more.

Throughout the last 2 years, these routine classroom activities have evolved into a Body Percussion Battle that excites and extends Year 7 classes (12 year-olds) to work as a band/team and perform their pieces in a supportive and competitive environment. Using repetition, sequencing, canons, ostinatos, solos, movement and body percussion, plus one ordinary yet amusing everyday 'instrument' (eg. paper, water bottle, desk bell, tennis ball, kitchen tongs, lunch box), classes work together to prepare a visually and aurally entertaining 2-3 minute performance. Come along and be a part of the collaborative improvisation and composition phase, understand how students create, improve, revise, edit, interpret notation and sounds, and be a part of the fun of creating a class groove.

To Stop The Train

The image shows a musical score for the song 'To Stop The Train' in 4/4 time. The melody is written on a single treble clef staff. The lyrics are written below the notes. The score is divided into four numbered measures, each enclosed in a small box above the staff. Measure 1 starts with a quarter rest followed by a quarter note G4. Measure 2 contains a quarter note A4, a quarter note B4, and a quarter note C5. Measure 3 contains a quarter note D5, a quarter note E5, a quarter note F5, and a quarter note G5. Measure 4 contains a quarter note A5, a quarter note B5, a quarter note C6, and a quarter note D6. The lyrics are: 'To stop the train in cas - es of e - mer - gen - cy just pull on the cha - in, pull on the cha - in. Pen - al - ty for im - pro - per use, five pounds.'

1 To stop the train in cas - es of e - mer - gen - cy just pull on the cha - in,

2

3

4 pull on the cha - in. Pen - al - ty for im - pro - per use, five pounds.

A Ram Sam Sam

A - ram - sam - sam, a - ram - sam - sam, goo - li
goo - li goo - li goo - li goo - li ram - sam - sam. A -
ra - - - fi, a - - ra - - - fi, goo - li
goo - li goo - li goo - li goo - li ram - sam - sam.

30 Purple Birds

1. Thir - ty pur - ple birds, 2. Sit - ting on a wall, a
3. chir - ping and a bur - ping and 4. ea - ting dir - ty worms.

The Battle of Waterloo

One rai - ny day, at the bat - tle of Wa - ter - loo, the bri - gade made a glo - ri - ous charge, to
see what it could do, and it charged with a song... o - ne arm, t - wo
arms, o - ne leg, t - wo legs, nod your head, then they all fell down dead!

BODY PERCUSSION GROOVES

1



R tap R head clap

L head L head

2



stamp

thigh

stamp

3



bass clap

clap

bass clap

4



punch palm

click click punch palm

click click

punch palm

click click land

spirit fingers

5



clap

thigh

clap

click

elbow tap.up elbow tap.up

punch palm

6



cross shoulder shoulder

thigh thigh click click clap

stamp

finger clap

punch palm

7

In a Line



*Land point.L

*land point.L

*land point.L

fingertips.up "Ha"

8

With a Partner



Thigh

clap

fish.tap R fish.tap L

tap together

9

In a Group of 4 (standing in a circle, numbered 1,2,3,4 around)



stamp

1/3.tap.up 2/4.tap.down

2/4.tap.up 1/3.tap.down

tap.in circle

10

On Your Own



Stamp R

stamp L

cross shoulders

click R

click L

finger clap

SPLASH!

Body Percussion Battle

Water Bottle

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1 CUMULATIVE LAYERS IN 3 CONCENTRIC CIRCLES (FACING IN) 1st - Outside, Middle, Inside. 2nd - Inside, Middle, Outside

$\frac{4}{4}$

RH.tap tap tap LH.tap tap tap click RH.tap tap tap LH.tap tap tap click
R.thigh L.palm R.thigh L.thigh R.palm L.thigh R.thigh L.palm R.thigh L.thigh R.palm L.thigh

Turn slowly to face out...

RH.tap tap tap LH.tap tap tap click RH.beat click RH.beat click RH.beat click RH.beat
R.thigh L.palm R.thigh L.thigh R.palm L.thigh chest chest chest chest
"ah" "ah" "ah" "ah"

2 MOVE INTO 3 LINES (GRADUALLY)

tap.back.of neighbour clap tap.back.of neighbour clap tap.back.of neighbour clap

tap.back.of neighbour clap tap.back.of neighbour clap tap.back.of neighbour clap

- 1st - Inside circle taps on backs (to right). Outside circle moves to make back row (face R)
- 2nd - Inside circle and back row tap on backs. Middle circle moves to make front row (face R)
- 3rd - Front and back row tap on backs. Inside circle moves to make middle row (face L)
- 4th - All tap on backs together

3 CHANGING DIRECTIONS

tap back click.&.turn (face.front) clap click.&.turn (face.opposite) tap back click

tap back click.&turn (face.front) clap click.&turn (face.opposite) tap back click

4 MOVING IN LINES

R step.on spot L R L cross shoulders thigh click clap click clap

R walk forwards L R L clap spin around

R step.on spot L R L cross shoulders thigh click clap click clap

R walk forwards L R L clap face front

5 FRONT ROW SPOTLIGHT

tap.elbow (do.si.do) click.up position tap RH.on.top click tap click tap (swap.to LH.on.top) tap.elbow click.up tap click tap click tap (swap.tp RH.on.top)

1st time - back 2 rows move into semi-square position (back row along back, 2nd row stage right facing side). Pick up and hold water bottle in RH with lid facing backwards
 2nd time - back 2 rows shake bottles in time (ti-ti)

tap.elbow click.up tap click tap click tap R L R L R L R L
 (RH.on.top) thigh belly chest click clap

6 SHAKE (AND SIT)
 Front row move quickly and quietly into semi-square position (stage left)

Forward back

All in place, sit down cross-legged while shaking bottles vigorously side to side

Shake bottle.on.floor

7 TAP

Tap floor tap.lid tap floor tap.lid tap.knees tap floor tap.lid
 (both hands) (2.fingernails) (both hands) (2.fingernails) (alternate) (both hands) (2.fingernails)

8 SLIDE

hold.bottle.RH tap.bottle hold.bottle.RH tap.bottle
 tap.L.slide.across.body on.floor.R.side tap.L.slide.across.body on.floor.R.side

tap.in circular.motion on.floor with.crescendo loud.tap.in slowly.lift clap.high
 front.on.floor hands.up above.head
 (prepare.to.scoop)

9 SCRUNCH

Scrunch
bottle.in.RH

tap.bottom
with.L.palm

scrunch
bottle.in.RH

tap
bottom

scrunch
bottle.in.RH

tap
bottom

scrunch
botle

scrunch

release

10 CUMULATIVE PARTS (16 beats each before adding new groove)

- 1 - SHAKE - Stage right half of back row
- 2 - TAP - Stage right
- 3 - SLIDE - Stage left
- 4 - SCRUNCH - Stage left half of back row

11 MEXICAN WAVE

Start stage right. Hold lid of bottle and tap bottom on floor firmly (then freeze) around semi-square. All watch until beat reaches final performer. Slowly raise bottles and on their cue all tap loud again!

