

You'll Feel The Beat

Time: 40 Minutes (one period)

Lesson Learning Goals:

By the end of the lesson students will be able to:

- Interpret music and lyrics creatively

Materials:

Everyone Jump CD (Song 7: *You'll Feel The Beat*)

CD player

Song Lyrics for Song 7: *You'll Feel the Beat* (at end of lesson)

Optional: balls, scarves, hoops, ribbons, instruments, shakers, lummi sticks, tambourines, water sticks

Lesson at a Glance:

1. Students will communicate the message of the song through creative movement and/or develop their own musical interpretation of the song.

Teaching/Learning Strategies:

Prior to starting lesson, provide each student with a copy of the Song Lyrics for Song 7: *You'll Feel The Beat*. Alternatively prepare lyrics for overhead use.

1. Creative Movement Verse:

- a) Students listen to Song 7: *You'll Feel The Beat* while following along with the lyrics.
- b) Students discuss the meaning and importance of the message "You'll feel the beat".
- c) Assign pairs two or three lines from the Song Lyrics for Song 7: *You'll Feel The Beat*. Students interpret and communicate the meaning of those lines through creative movement.
- d) Student pairs move into groups and combine their creative movements from lines to communicate the meaning of the verse.
- e) Student groups demonstrate and teach their creative movement to the class.

Extension: In a large space, student groups can extend their creative movements through a variety of dance techniques or movement principles (such as following different pathways or levels; adding a different body shape like twisting or curling; moving with an object like ribbons, hoops, scarves or balls).

2. Musical Composition:

- a) In small groups, students use a variety of objects that can be creatively used as musical instruments (such as lummi sticks, water sticks, tambourines, shakers, hand clapping, etc.). Groups create music for their verse accompanied by musical instruments.
- b) Groups perform their verse for the class in song or choral speaking.

Extension: Once students have performed their verse, the class listens to the original song and students compare their own compositions using as their criteria the elements of rhythm.

3. Create a Verse:

- a) Individually, in pairs or small groups, students listen to the song and write their own verse.
- b) Students will also provide a movement sequence that would represent the words from the verse they have written.

Song Lyrics for Song 7: *You'll Feel The Beat*

Do you realize – when you exercise,
You do your part to strengthen your heart.
You have to commit – to always be fit,
And do your part to strengthen your heart.
You can run and you can walk,
You can skip and you can hop,
Move your hands or move your feet
(But) get up off your seat – and then

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!

It's my point of view that we choose what we do
When you eat smart you strengthen your heart
So choose your food well, 'cause it's easy to tell
If you eat smart you strengthen your heart.
We have all our favourite foods,
From apple to zucchini,
There's grains and fish and real lean meat
(Just) think before you eat – and then

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!

It takes some dedication, to meet your expectations
You have to have devotion, to see it through.
But if you have the patience, and don't let your temptations
Cause a deviation, it won't be hard to do.

I'd like to conclude – if you're aware of your food,
You will start to strengthen your heart.
And in some small way – you stay active each day,
You will start to strengthen your heart.
And if you do – what your heart needs from you,
You try and stay strong,
(And) don't ever cheat – then

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!

You'll feel the beat, that perfect repeat,
It goes on and on and you'll feel the beat!