

Toss and Catch

Darva Campbell

Musical notation for the song 'Toss and Catch' in 4/4 time. The first line contains the lyrics: 'Toss and catch! Toss and catch! Here's the way we toss and catch.' The second line contains: 'Toss and catch! Toss and catch! Watch us while we play.'

FORMATION: Partners facing each other. They can be in two long lines (a set), or they can be scattered in open space, whichever works best in your room.

MATERIAL: One beanbag or yarn ball for each set of partners.

Sing the song while tossing a yarn ball or beanbag to random students on the half note. Sing it a few times while playing this way, then have the students partner up.

The focus is tossing and catching on the half note beat – not as easy as it sounds!

Once they've got it sitting a short distance from their partner, allow them to back away from their partner. They'll find the perfect distance for making the toss and catch work easily within the tempo you select. They can also practice tossing and catching alone, without a partner. As you change the tempo of the song the pace of the balls will change.

STEADY BEAT

The Rhythm In Me

Swing

Darva Campbell

Musical notation for the song 'The Rhythm In Me' in 4/4 time. The lyrics are: 'I caught a case of rhy-thm; I've got it bad. I caught a case of rhy-thm; I've got it bad! My toes are twitch-ing, I start danc-ing, mov-ing makes me glad, so I give it to a friend, the best di - sease we've ev - er had!' The notation uses 'x' marks on a staff to represent rhythmic patterns.

Pretend that the Rhythm is a disease that spreads from foot to knee to hip to ... you get the idea. Then pass the disease on to the next person, and the next, until the whole class is up and dancing.

IMPROVISED MOVEMENT