

# SEESAW CLAPPING:

A clapping activity that demonstrates *upbeat* versus *downbeat* in rhythm.

**materials:** Optional Instruments – ankle bells, tambourine, clave, etc.

**objective:** To make the distinction between the downbeat and upbeat and to learn the organizing principle of music by distinguishing and demonstrating melodic movement.



1 Invite the students to clap on the downbeats (1, 2, 3, 4). Count as you are clapping, “1 and 2 and 3 and 4 and.” Make sure that the students are clapping on the numbers (not on the word “and”).



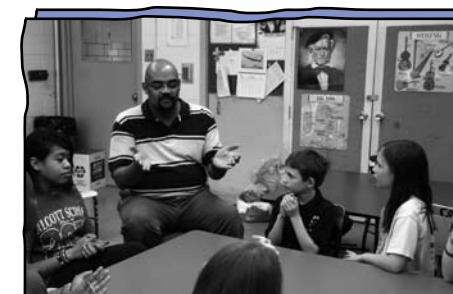
2 Next, clap only on the upbeats (and, and, and, and). Continue until students feel comfortable clapping on the upbeat.



3 Split the class in two and instruct half the class to clap on the downbeat, half on the upbeat.



4 Next, have the two groups switch parts. The effect of the students’ clapping on the up and down beats will create a clapping conversation or a seesaw effect.



► **extension:** Challenge the group to play a combination of downbeats and upbeats: as in “1 and 2 and 3 and 4 and.”