



Bounce on the Beat

***A note on how to keep time/tempo: Try a free metronome app that you can find in app stores using your phone. Or you can go to www.metronomeonline.com for a web-based metronome that you can set at any speed. Much like Pass the Beat Around the Room, this game uses an object and a steady pulse to teach timing, listening, coordination and cooperation.**

What You'll Need:

- Something to keep time to; a song, drum beat or metronome, and a ball to bounce

How It Works:

- The object is for the student to bounce the ball one time on specific beats. The easiest way to start is with a slow to medium speed beat or song and ask your student to bounce the ball on the first beat of each measure.

A background image of a musical score with several staves of music, including notes, rests, and a treble clef, slightly blurred and tilted.

Bounce on the Beat

- For example: in a 1-2-3-4 count, the student would bounce the ball on beat 1..
- Once that is mastered, you can try moving on to bouncing on beats 1 and 3 or 2 and 4.
- You can also switch which beat to bounce on: instead of bouncing the ball on beat 1., try it on beat 2. Make sure to pay attention to the speed of the song/drum beat.
- If you go too fast, it makes it hard to bounce the ball on the correct beat.