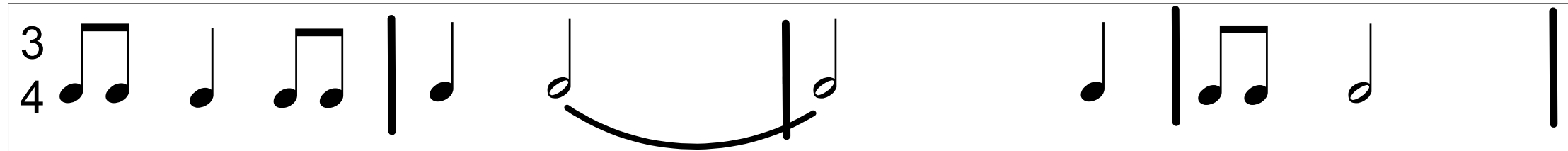
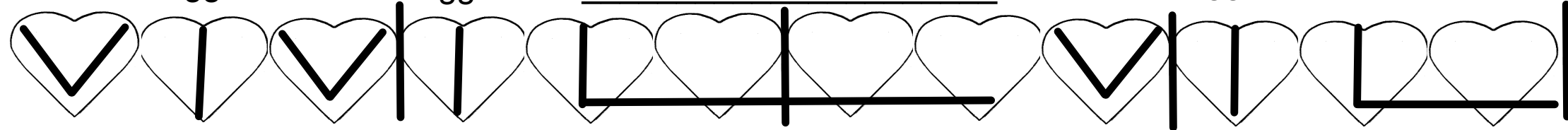


1. Tap metre with L.H. as you tap the rhythm with your R.H. and say the words. Swap hands.
2. Play rhythm with R.H. cycling around the first 5 notes of the C major scale, while playing the metre with the L.H. on "C"s (as demonstrated in lesson). Swap hands. Repeat with another scale.
3. Write out the rhythm in heart beats and music symbols for the given metre (as done for 1.)

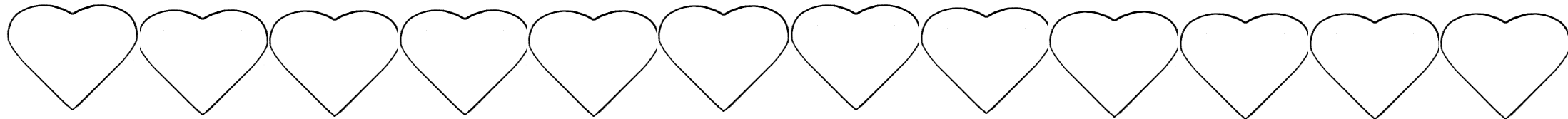
### 1.) 3 time metre beat

Bacon Egg Bacon Egg Pie \_\_\_\_\_ Bacon Egg Pea \_\_\_\_\_




### 2.) 4 time metre beat

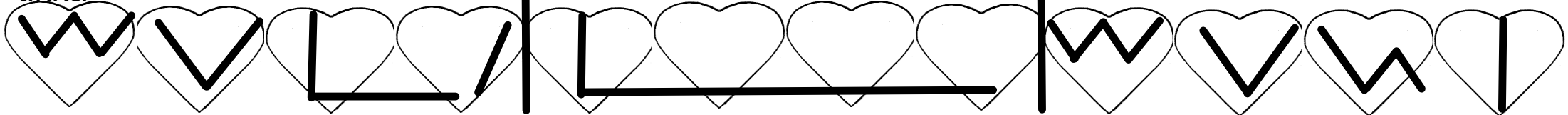
Bacon Egg Bacon Egg Pie \_\_\_\_\_ Bacon Egg Pea \_\_\_\_\_







1. Tap metre with L.H. as you tap the rhythm with your R.H. and say the words. Swap hands.
2. Play rhythm with R.H. cycling around the first 5 notes of the C major scale, while playing the metre with the L.H. on "C"s (as demonstrated in lesson). Swap hands. Repeat with another scale.
3. Write out the rhythm in heart beats and music symbols for the given metre (as done for 1.)

1.) 4 time metre  beat

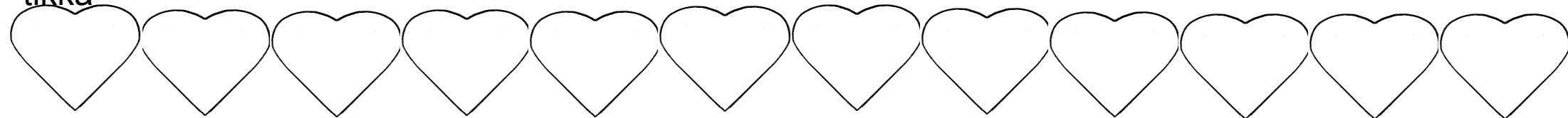
Chicken tikka    Bacon    Cheese dip    Pie    \_\_\_\_\_    Chicken tikka    Bacon    Cucumber    Egg



4 2  |  |  |

2.) 3 time metre  beat

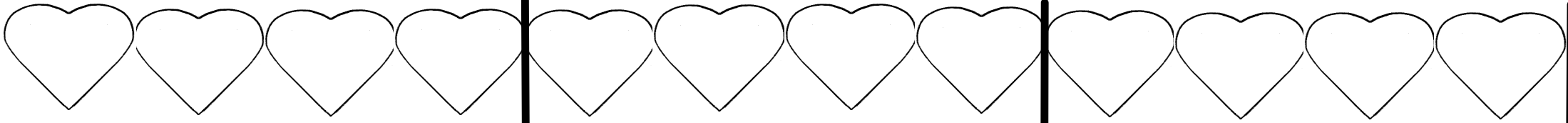
Chicken tikka    Bacon    Cheese dip    Pie    \_\_\_\_\_    Chicken tikka    Bacon    Cucumber    Egg



1. Tap metre with L.H. as you tap the rhythm with your R.H. and say the words. Swap hands.
2. Play rhythm with R.H. cycling around the first 5 notes of the C major scale, while playing the metre with the L.H. on "C"s (as demonstrated in lesson). Swap hands. Repeat with another scale.  
LOOK OUT FOR AND FEEL THE SILENCES (RESTS) IN THE MUSIC
3. Write out the rhythm in heart beats and music symbols for the given metre

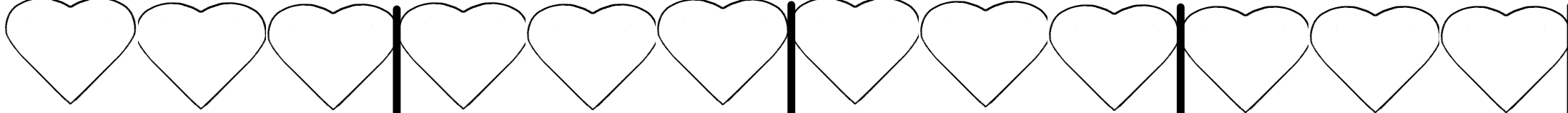
### 1.) 4 time metre beat

Egg Bacon Egg Bacon Egg Dip Cucumber Bacon Egg



### 2.) 3 time metre beat

Chicken Bacon Cucumber Egg Dip Bacon Dip Bacon Dip Chicken Egg  
tikka

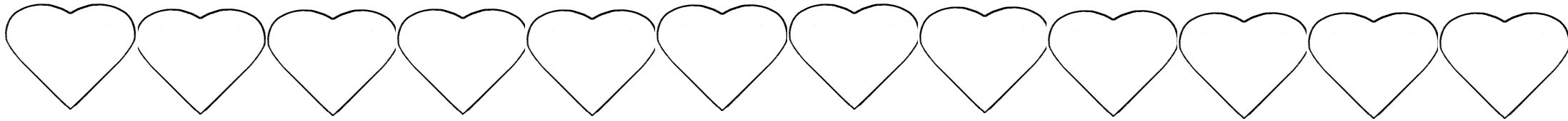


Where used "(SSSH!)" means silence for half a beat

1. Tap metre with L.H. as you tap the rhythm with your R.H. and say the words. Swap hands.
2. Play rhythm with R.H. cycling around the first 5 notes of the C major scale, while playing the metre with the L.H. on "C"s (as demonstrated in lesson). Swap hands. Repeat with another scale.
3. Write out the rhythm in heart beats and music symbols for the given metre

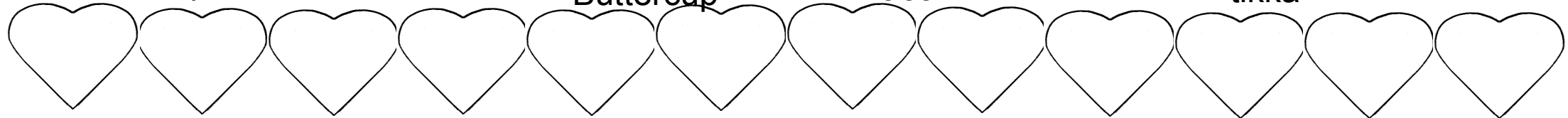
## 1.) 2 time metre beat

(SSSH!) Dip Bacon Pea \_\_\_\_\_ Cucumber Dip Bacon Dip Pea \_\_\_\_\_



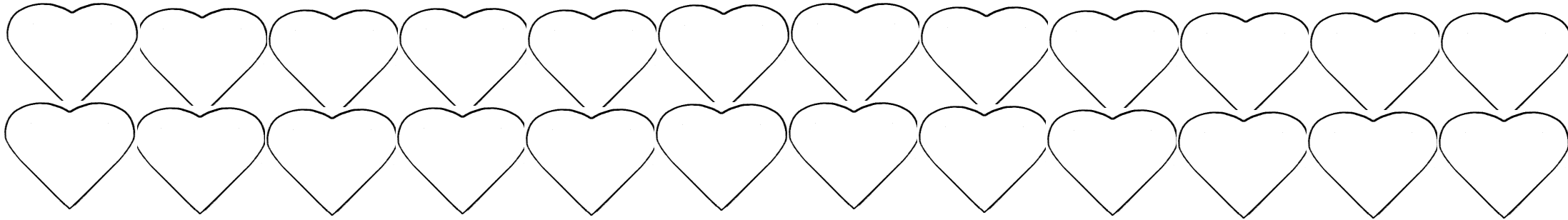
## 2.) 3 time metre beat

(SSSH!) Buttercup Egg (no rest) Egg (SSSH!) Buttercup Buttercup Bacon Pea \_\_\_\_\_ Chicken tikka Bacon



1. Work out a good rhythm to go with these words. Tap the rhythm with the right hand while tapping the beat with the left. Swap over hands. Choose the best metre.
2. Play the rhythm to this metre, cycling around the first five notes of the C major scale while tapping the beat on "C"s with the L.H. Swap over hands, Repeat on another scale.
3. Write out the rhythms in both heart beats and proper music notation with time signature

"Little Johnny Tag-along wants a pat on the head. He does as he's told and gets a kick instead"



"The day before yesterday, I think I'll go to school. I'll think I'll take a walk in the local swimming pool"

