

GOALS: Metronome

Touch Body Parts
 Coordinate Sound (beat) and Movement
 Timing & Rhythm
 Keep Consistent Tempo.

Skill Development	Instructions	Exercise
<p>Timing & Rhythm: the metronome helps internalise a clear sense of timing and tempo.</p> <p>Body Awareness: Bottom (legs) & Top (shoulders)</p> <p>Crossing Midline</p>	<ul style="list-style-type: none"> • Stand in the middle of the mat. • Stand with your feet shoulder width apart. • Hands relaxed by your side. • Look straight ahead. • Upload a free metronome app on your phone. • Set the Metronome to 54 beats per minute. 	<ul style="list-style-type: none"> • First, listen to the beat before joining in. • Touch the body parts ON the beat; not after the beat or before, but AT the same time as the beat. • Keep up the rhythm! • Do this for 20 repetitions. <ol style="list-style-type: none"> 1. Legs - Shoulders 2. Legs – Shoulders - Cross-over (touch opposite shoulders)

Feedback/Notes