



## Module 1.

**Recommended working time:** 20-30 minutes, 2-3 sessions a week.

**Duration** 2 weeks.

### Warm up:

Stand in a circle and start throwing one tri-its to each other. No speaking, focus on getting eye contact to acknowledge each other. It does not matter if you catch or drop the tri-its. The point of the exercise is to be able to focus and see and respect each other. Add more tri-its on when the group has gotten a good flow with the first one however try not to rush this, let the first tri-its be in play for enough time.

Talk about different rhythms and look at the geometrical shapes that corresponds

i.e. Blue triangle = three counts and corresponds with the blue tri-its. What does three counts mean? Count together 123, 123, 123, also try to clap it. Repeat with all different paces.

### Exercises:

1. In the ring, throw the tri-its but this time, count to 3 and throw the tri-its on each count of 1. Make sure to keep the pace, and let the kids count as well. Important to note that mistakes are not bad, we are working on keeping the acceptance high, keep counting and try and help the students find the right tempo, we have noticed that the students are eager and often wants to go faster and faster. Try with the different coloured tri-its (and counts). This can be done either in spontaneous circle, where you throw to any person in the ring or in a pre- decided pattern.
2. Once the students have established a good pace and understands the use of the rhythm in the throwing exercise, allow them to continue for a little while to really establish the feeling of accomplishment. Once you feel you have achieved this it is time to move on to adding movement to each stroke. (the movements we have created you can see in the videos).
3. Now it is time to repeat the steps standing in the ring again, throwing the tri-its, as soon as you receive it, no matter if you catch it or drop it, you find the count in the music and you do the movement, then throw it to the next person. Here it is preferable to work in a spontaneous pattern, to really encourage the kids to keep focus and stay engaged with their surroundings. Start with working strokes three, four, and five and add more strokes when the group is ready.

We recommend working with this module for 2 weeks, but this can be altered to suit your students and your timetable.

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