

Dear Parents,

Your First Grader normally attends music for two class periods per week, so I have planned two music sessions for the coming week. Each one is short enough to complete in one session. Repetition is essential for continued skill development, so work concepts into other content areas and everyday life. I will send a new pair of lessons Monday of each week.

Below is a chart of locomotor movements we will use throughout our “hiatus”.

Kind regards,  
Mrs. Holly Leach  
[hleach@gaschool.org](mailto:hleach@gaschool.org)

**Choose a locomotor way to move. Can you think of other ways?**

walk	fly	tiptoe	skip
leap	jump	creep	slink
slide	hop	march	stomp
gallop	slither	waddle	stroll
jog	meander	stagger	Frankenstein

Think about using different levels (high, medium, low), pathways (straight, curvy, zig zag), and efforts (strong, light, sudden, sustained). Stay in your own space.

## Grade One General Music- week of March 16, 2020

Guardian Angels School, Mrs. Leach ([hleach@gaschool.org](mailto:hleach@gaschool.org))

### Lesson 1:

1. Say the rhyme “Queen Caroline” and tap the steady beat. (Steady beat is the way our heart goes.) Then say it & clap the rhythm. (Rhythm is the way the words go.)  
*Queen, queen Caroline*  
*Washed her hair in turpentine.*  
*Turpentine made it shine.*  
*Queen, queen Caroline.*
2. Watch the video on Four Beat Patterns at the following web site:  
<https://www.carnegiehall.org/Education/Educators/Music-Educators-Toolbox/Resources/1-Performing-and-Composing-Four-Beat-Patterns> You will need to scroll down the page until you see the video; click on the first one.
3. Choose some favorite music and get up and move! Choose 4 of the movements from the locomotor movement chart and move to the music.
4. Sing “Take Me Home, Country Roads” with this video:  
<https://www.youtube.com/watch?v=IUmnTfsY3hI&list=PLr0LbfgGrUYzmhUKGi7Gpjo-11Dgs6Huz&index=9>

### Lesson 2:

1. Say the rhyme “Queen Caroline” and tap the steady beat. (Steady beat is the way our heart goes.) Then say it & clap the rhythm. (Rhythm is the way the words go.)
2. Watch the video “Put Your Seat on the Beat” at the following web site:  
<https://www.carnegiehall.org/Education/Educators/Music-Educators-Toolbox/Resources/1-Seat-on-the-Beat> You will need to scroll down the page until you see the video; click on the first one.
3. Choose some favorite music and get up and move! Choose 4 of the movements from the locomotor movement chart and move to the music.
4. Sing “Grandma’s Feather Bed” with this video:  
[https://www.youtube.com/watch?v=gH\\_tYxY8AKE&list=PLr0LbfgGrUYzmhUKGi7Gpjo-11Dgs6Huz&index=2](https://www.youtube.com/watch?v=gH_tYxY8AKE&list=PLr0LbfgGrUYzmhUKGi7Gpjo-11Dgs6Huz&index=2)