

## Roland Classroom Activity: RMP 5 Rhythm Coach

**Lesson: Steady Downbeats**

**Concepts:** Downbeats, Finding the Pulse, Counting a Steady Beat

**Grades:** K-6, 20 minutes

**Preparation & Materials:**

5 samples of music on MIDI, CD, or MP3 file. All genres (classical, jazz, pop, contemporary, Broadway)

ONE drum stick per student, TWO students per RMP 5.

**National Standards Met:**

Standard 2: Performing on instruments, alone and with others, a varied repertoire of music.

Students drum the pulse in a variety of music styles.

Standard 6: Listening to, analyzing, and describing music

Students listen to audio files, find the pulse, then play

---

Detailed Lesson Plan:  
(begin without sticks)

1. Tell students they will be finding the PULSE in different music.
2. Play the first sample. Ask students to walk, wave, stomp, clap to the music. Choose a *gross motor* activity.
3. As students move, begin counting a steady beat “1 2 3 4”. Ask students to count with you.
4. As the music plays, begin counting “ONE” with a stronger voice, slowly eliminating the remaining beats.
5. Tell students that beat ONE, the strongest beat, is the DOWNBEAT. “We will be drumming DOWNBEATS ONLY with your drumstick”
6. Pass out sticks.
7. Repeat first sample. Students drum on DOWNBEAT ONLY. Students not following directions relinquish their stick.
8. Play the second sample. Students count with you, drumming on the downbeat, accentuating ONE as they count.
9. Repeat for remaining music samples.
10. “The downbeat is on what beat?” “ONE!”