

# SAMPLE LESSON PLAN

## Body Percussion

Learning Focus: Introducing student to the ideas of theme and variation and body percussion in reference to *Young Person's Guide to the Orchestra*

Activity length: 45 minutes +  
Suitable for YR5 - YR9

### INTRODUCTION:

Listen to *Young Person's Guide to the Orchestra*, playing 2-3 examples

Explain to students that each family played something similar and that this is called **Theme and Variation**.

*An everyday example can be cake: we all like cakes but there are lots of variations of these, chocolate, carrot, vanilla etc but they are all still cakes.*

### LESSON CONTENT:

As a class discuss the basic elements of theme and variation using *Young Person's Guide* as the stimulus.

Explain to students that the composer wrote the different variations with different characters to reflect the characters of the different families. Some are energetic and lighter, some are heavier and darker in sound.

Using the theme and variation worksheet (page 5):

- Ask students to think of adjectives that describe each of the instrument families.
- Play excerpts of *Young Person's Guide to the Orchestra*.
- Ask students to write adjectives to describe how the theme is played by each family .
- Prompt students with questions such as 'does the brass sound strong?' or 'do the strings sound lyrical?'

This activity can be done in groups or individually. Replay each section multiple times. Following this activity, ask students to share their responses with the class.

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### CONSOLIDATION:

Once students are familiar with the concept of theme and variation, extend this idea to body percussion and ask them to create their own versions of theme and variation from Britten's main theme using the body percussion.

Teach students the 'Body Percussion Pattern' on Page 4 to the main theme of *Young Person's Guide to the Orchestra* as a full class.

Once students have learnt the main body percussion theme, split into 4 groups and ask them to create their own variation on this theme. Assign each group a family of the orchestra and referring to their theme and variation worksheet, use the adjectives as a stimulus for their variation.

You can guide students to

Vary the tempo

Vary the dynamics

Vary the part of their body they use for each note

Bring the class back together and ask each group to share their variation.

### CONCLUSION:

Listen again to the opening sections of Britten's *Young Persons Guide* and summarise for students the way that the composer has had to think about all of these elements when making the music, making these considerations of how each instrument sounds and when he uses them to describe each variation of his theme.

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### EXTENSION:

As a class then perform your own theme and variation inspired by Britten's *Young Person's Guide* using the following guide:

- Original main theme body percussion as a class
- Group 1 – Woodwind
- Group 2 – Brass
- Group 3 – Percussion
- Group 4 – Strings
- Original main theme body percussion as a class

Conclude by asking students to consider the ways that they have had to think about all of these elements when making their variations. Ask them what they had to think about and why.

Listen again to the opening sections of Britten's *Young Persons Guide* and summarise for students the way that the composer has had to think about all of these elements when making the music, making these considerations of how each instrument sounds and when he uses them to describe each variation of his theme.

For more advanced students, try this advanced body percussion alongside the main theme:

T. Rossen

3/2

CLAP CLAP STOMP x4

STOMP CLAP CLAP CLAP CLAP STOMP CLAP

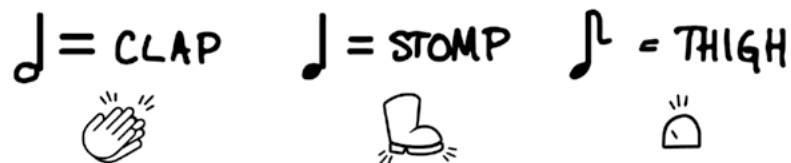
STOMP STOMP CLAP CLAP

CLAP = CLAP STOMP = STOMP THIGH = THIGH

# YOUNG PERSON'S GUIDE TO THE ORCHESTRA

## Body Percussion Pattern

Listen to the main theme from *The Young Person's Guide to the Orchestra*, and learn the below body percussion pattern:



$\text{♩} = 75$

Here is the tune can you clap a-long with me?

# YOUNG PERSON'S GUIDE TO THE ORCHESTRA

## Theme and Variation Worksheet

Listen to the main theme and variation from *The Young Person's Guide to the Orchestra*, use describing words share your thoughts on each section of music that you hear:

Word suggestions:

Loud	Heavy	Fast	Soft
Happy	Light	Excited	Surprised
Sad	Cheerful	Angry	Bold

**FULL ORCHESTRA:**

**WOODWIND:**

**BRASS:**

**STRINGS:**

**PERCUSSION:**

