

LESSON PLAN: INDEX

Title: Tai Chi Master

Cycle: 1, 2, and 3

Length: One or more lessons

FOCUS OF THE LESSON:

Music invention, creativity, use of minor pentatonic scale.

MUSIC COMPETENCIES:

To invent musical works.
To appreciate music played by classmates or oneself.

ESSENTIAL KNOWLEDGE:

Intensity/dynamics, duration, pitch, tone color, tempo, rhythmic/melodic organization.
Musical Instruments: Sound producing objects.
Instrument techniques.

CROSS-CURRICULAR COMPETENCIES:

Use information
Creativity
Cooperation
Constructing his/her identity
Communicates appropriately

BROAD AREAS OF LEARNING: (INCLUDING OTHER SUBJECT-MATTER)

Health and well being
Citizenship and community life

EVALUATION CRITERIA:

Pertinent, varied use of elements of musical language.

John Burgess . Beacon Hill School.
jburgess @lbpearson .ca

LESSON PLAN for Tai Chi Master Cycle 1 - 3
1 or more lessons

John Burgess, Beacon Hill Elem.

695 3301,

jburgess @ lbpearson .ca

Materials needed: bass, alto, soprano xylophones

alto metallophone, carillon

triangle, big drum, maraca, finger cymbals

Preparation: take off all the Gs and Ds (Sols and Res) on the tone bar instruments

Procedure: discuss Tai Chi (marshal art) exercises that go with it (very slow movements) and where it comes from (China)

-set up the instruments and start playing

-the tone bar instruments play continuously up and down their instruments in A minor pentatonic

-other percussions play intermittently like thunder or lightning in the distance

-recorder can improvise to give a nice eastern flavour

-set up "Tai Chi class" with the remaining students

- insist on slow movements

- the master starts with a bow (hands together) and then proceeds to do slow moving gestures that the class mirrors

-when the master gets tired he does another bow and he picks a new master from the class (volunteers raise their hands)

-musicians may also be changed as well as the instruments used (what sounds good?)

Extended activities: - this activity may be done during an assembly with the whole gym taking part in the Tai Chi

- this activity tends to calm students down even though it is not real Tai Chi