



Hands, Feet, Heart

All the learning in this unit is focused around one song: Hands, Feet, Heart - a song that celebrates South African Music. As well as learning to sing, play, improvise and compose with this song, children will listen and appraise different styles of South African music.

In this unit we will:

1 – Listen & Appraise: Hands, Feet, Heart

- Find the pulse as we listen to the music
- Dance, get funky or find the groove to the music
- Identify instruments/voices we can hear

2 – Musical Activities using glocks and/or recorders

- Find the pulse
 - Clapping Rhythms
 - Copy and clap back rhythms
 - Clap the rhythm of my name
 - Make up my own rhythm
- Singing
- Sing Hands, Feet, Heart in groups
- Playing instruments
- using up to three notes – G or G, A + C.
- Improvisation challenges
- Improvise using the notes C + D:
- Challenge 1 Clap and Improvise
- Challenge 2 Sing, Play and Improvise
- Challenge 3 Improvise
- Composition
- Compose a simple melody using simple rhythms, choosing from the notes C + D or C, D + E.

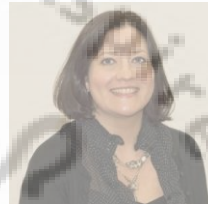
3 – Perform & Share

- As a class perform Hands, Feet, Heart.
- Introduce our performance to our audience.
- Talk about it together afterwards
- Discuss how it made us feel and what we liked doing best

In this unit we will listen to 5 other songs:

- Hands, Feet, Heart by Joanna Mangona
- The Click Song sung by Miriam Makeba
- The Lion Sleeps Tonight sung by Soweto Gospel Choir
- Bring Him Back by Hugh Masekela
- You Can Call Me Al by Paul Simon
- Hiokoloza by Arthur Mofokate

Inspiring Individuals



Joanna Mangona



Miriam Makeba



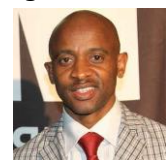
Soweto Gospel Choir



Hugh Masekela



Paul Simon



• Arthur Mofokate

Vocabulary

Keyboard, drums, bass, electric guitars, saxophone, trumpet, pulse, rhythm, pitch, improvise, compose, perform, audience, question and answer, melody, dynamics, tempo

Possible Instruments



Recorder



Glockenspiel