

WELCOME TO THE MUSICAL-RHYTHMIC CENTER!

INSTRUCTIONS:

1. Find a quiet place. Take a few minutes to locate your pulse and tap out the rhythm that you feel.
2. Now, with the beat in mind, create a song/rap/music etc. to explain how 2 body systems **interact** with each other.
3. You may work with a partner, or as a whole group

MATERIALS:

You may use any item in the class to create your underlying beat or music



Last Heart Beat- Hip-Hop/Rap (@RInstrumental)