



Lesson structure plan

Thematic area: Music

Short description-summary: The music workshops (6 workshops) were given with the participation of 65+ people giving them the experience of singing music and playing percussion instruments. These experiences made them comprehend a little about how music can be made and with a joyful spirit made them happy and smiling through it.

Objectives: Integrate 65+ people in the community giving them a role; contributing to a better understanding of music making; experiencing arts in group; developing singing; developing hands coordination together with the sense of rhythm; enlarge musical knowledge.

Number of learners: from 20 to 30

Venue-place: Music classroom in our institution or in Senior Movement facilities

Duration (minutes): 2 hours

Equipment: Piano, a large variety of percussion instruments (xylophones, tambourines, maracas, castanets, triangle, claves, bells), stereo equipment.

Nr of educators: 1 per group

Detailed description of the teaching course:

The lesson starts with a warm up: standing (for those who can) some simple exercises on breathing along with stretching arms, rotating the neck and shoulders; singing simple chants (vocalizes) from a lower pitch to a medium high pitch.

Then, sitting, learners were invited to listen to the music and start clapping the rhythm along. Then the instruments were distributed according to the preferences of each other, and some combinations of small rhythm cells were taught to create a musical pattern.

A song was also taught accompanied with a piano and then mixed with the percussion instruments.



Assessment: No

Certification: No

Supporting videos:

https://www.youtube.com/watch?v=lpBbF_4BXec

Useful websites: <https://www.facebook.com/acmlousada>; www.acmlousada.pt;
<http://educ-arts.wix.com/educarts>.

Picture gallery:

