



Warming Up

Follow the you tube link below and have fun celebrating with this body percussion warm up <https://youtu.be/X2KjE4QJeaC>



Cup Percussion 3

Having worked through Cup Percussion 1 and 2 activity sheets we are now starting to really understand how to play our 'cup instruments'. On this sheet we will be looking at a new pattern for you to try; it is 2 bars, or 8 beats in total.

If you get muddled, look back at Cup Percussion 1 and 2 activity sheets to remind yourself how to read these rhythms and note values (tea and co-ffee) and how to create these sounds using different parts of the cup.

First half (4 beats)

Hold the cup **up** when you **CUP TAP**



DOWN TAP
Tap the base of the cup on the table



DOWN TAP
Tap the base of the cup on the table



CUP TAP
Tap on the top of the cup



CUP TAP
Tap on the top of the cup



DOWN TAP
Tap the base of the cup on the table



DOWN TAP
Tap the base of the cup on the table



CUP TAP
Tap on the top of the cup



CUP TAP
Tap on the top of the cup



1



2



3



4

Second half (4 beats)



DOWN TAP
Tap the base of the cup on the table



CUP TAP
Tap on the top of the cup



DOWN TAP
Tap the base of the cup on the table



CUP TAP
Tap on the top of the cup



DOWN TAP
Tap the base of the cup on the table



DOWN TAP
Tap the base of the cup on the table



DOWN TAP
Tap the base of the cup on the table



1



2



3



4

Can you PASS THE CUP on beat 4?

Try playing the rhythms along to Let It Be by The Beatles <https://youtu.be/QDYfEBY9NM4>
These cup rhythms are great to play with other people too- learn this with someone at home and see if you can PASS THE CUP to them (you just need to place it in front of them) on the last beat of the pattern- it's brilliant when it works!