

Listening:

Hands, Feet, Heart

This unit is about South Africa and South African music. You will listen to the song Hands, Feet, Heart. Can you hear male and female vocals, keyboard, bass, drums and electronic sounds? What can you say about the dynamics of the song? You will listen to the songs below. What can you hear? What are they singing about?



The Click Song by Miriam Makeba



Mbube by Soweto Gospel Choir



Bring Him Back Home (Nelson Mandela) by Hugh Masekela



You Can Call Me Al by Paul Simon



Hlokoloza by Arthur Mofokate



Perform & Share

A class performance of Hands, Feet, Heart. Introduce your performance to your audience. Can you include some funky moves? Have a fantastic time; enjoy it! Talk about it together afterwards. How did it make you feel? Will you record it?



Musical Activities

Find the pulse!

- What animal can you be finding the pulse?

Clapping Rhythms

- Copy and clap back rhythms
- Clap the rhythm of your name
- Make up your own rhythm

Singing

- Sing Hands, Feet, Heart in groups
- Have fun!

Playing instruments using up to three notes

- G or G, A + C. Which part did you play?

Improvise using the notes C + D:

- **Challenge 1** Clap and Improvise
- **Challenge 2** Sing, Play and Improvise
- **Challenge 3** Improvise

Which challenge did you get to?

Compose a simple melody using simple rhythms, choosing from the notes C + D or C, D + E.

Which notes did you use?



Drums



Glockenspiel



Xylophone



Tambourine



Triangle



Bells



Vocabulary	
Word	Meaning
pulse	the steady beat
rhythm	patterns of long and short sounds
pitch	range of high and low sounds
dynamics	loud and quiet
tempo	the speed of the music
Wood block	