

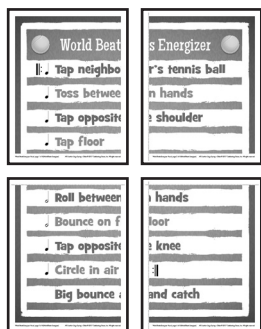
## MATERIALS NEEDED

- World Beats Energizer Visual
- MP3 or CD Demo 9
- MP3 or CD Player
- World Beats Energizer Video
- Tennis Balls (one per child)

## PREPARATION

- Print, assemble, and display the visual.
- Listen to World Beats (Demo 9), and become familiar with the movements.
- Watch the World Beats Energizer Video.

### World Beats Energizer Visual



# World Beats Energizer

## 1. Demonstrate the movements.

- Point out the quarter note (♩) or half note (♪) beside each movement on the visual. Explain that movements with quarter notes should be done to the quarter-note beat and movements with half notes should be done to the half-note beat.
- Demonstrate and practice the motions with the children. (Go to [www.celebrating-grace.com/WorldBeatsEnergizerVideo](http://www.celebrating-grace.com/WorldBeatsEnergizerVideo) to view a demonstration.) Each motion takes place over two measures (eight beats).
  - **Tap neighbor's tennis ball**—Appoint a partner for each child, and have partners tap tennis balls together.
  - **Toss between hands**—Toss tennis ball between your own two hands.
  - **Tap opposite shoulder**—Tap tennis ball on the shoulder opposite the hand in which you are holding the tennis ball.
  - **Tap floor**—Tap tennis ball on the floor.
  - **Roll on floor between hands**—Roll tennis ball on the floor between your own two hands, trying to make the tennis ball reach the other hand exactly on the half-note beat.
  - **Bounce on floor**—Bounce tennis ball on the floor so that the tennis ball bounces on beat 1 and you catch it on beat 2, and so forth.
  - **Tap opposite knee**—Tap tennis ball on the knee opposite the hand in which you are holding the tennis ball.
  - **Circle in air**—Move the tennis ball in a circle in the air over your head in a lasso-type motion.
  - Repeat the first eight movements.
  - **Big bounce and catch**—Bounce the tennis ball on the floor so it bounces high then catch the ball to end.

## 2. Perform World Beats Energizer.

- Perform the sequence two times with Demo 9 as you track the visual. (NOTE: There is a four-beat click before the music begins.)



# World Beat



**Tap neighbor**



**Toss between**



**Tap opposite**



**Tap floor**

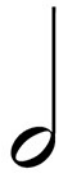
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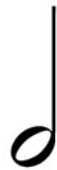
r's tennis ball

n hands

e shoulder



**Roll between**



**Bounce on f**



**Tap opposite**



**Circle in air**

**Big bounce a**



**n hands**

**loor**

**e knee**

**:||**

**and catch**