

# Brain Blast

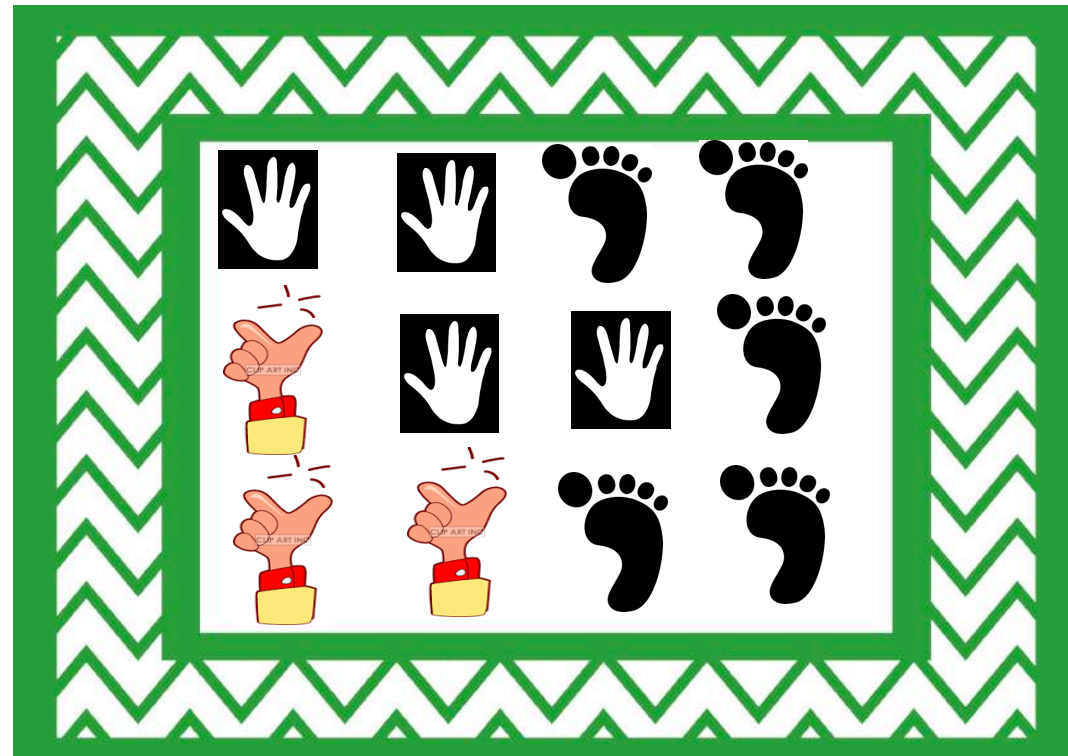
## Rhythm Pattern Cards



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#MovementMatters

“When the Bum is Numb, the Brain is the Same”



# Rhythm Pattern Cards

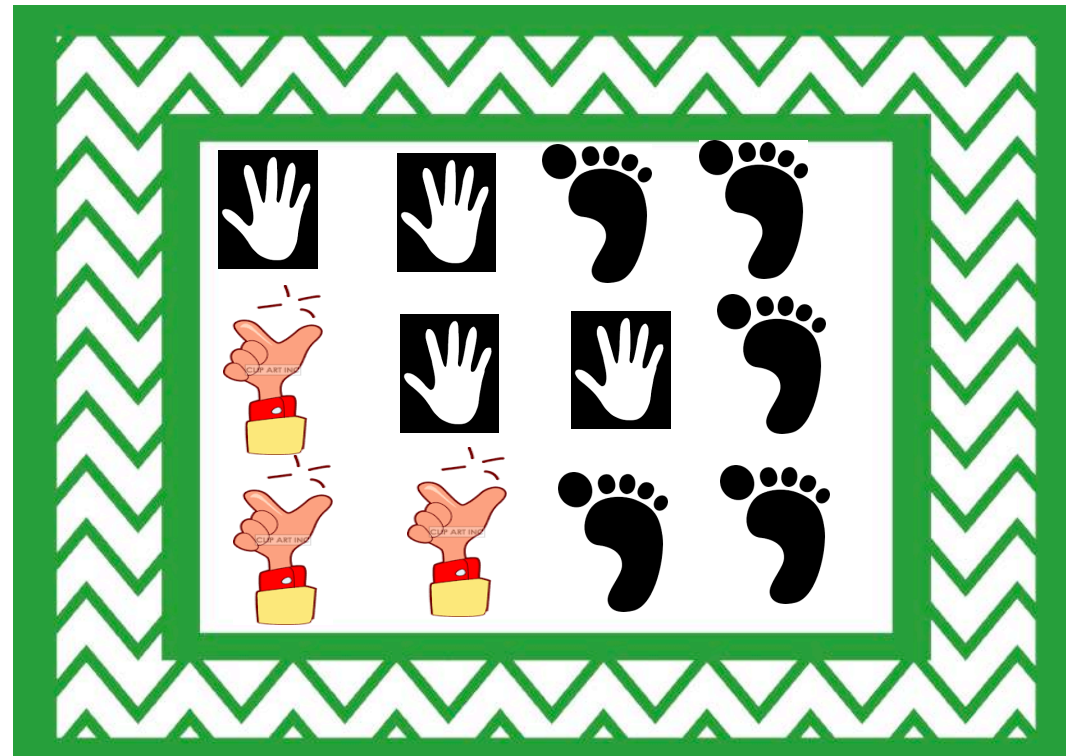
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## *Why- Brain Blasts:*

"When the Bum is Numb the Brain is the Same". Brain Blasts are movement activities to infuse in the classroom, the get students off their bottom and interacting with others.

**Equipment:** Rhythm Cards



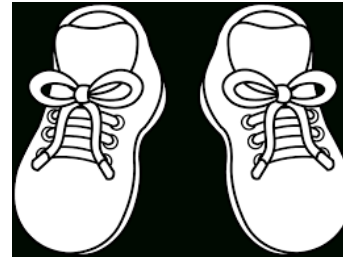


# Rhythm Pattern Brain Blast

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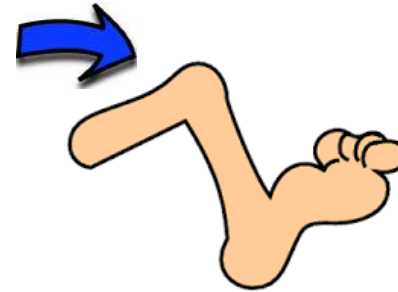
**CLAP**



**JUMP**



**STOMP**



Knee  
Tap  
with  
hand  
crossing  
mid-line



**SNAP**

# Rhythm Pattern Brain Blast



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**Objective:** Students will practice in small groups the pattern rhythms and repeat the sequence for each card in unison for 3 sequences.

**Skills reinforced:** Cross lateral; rhythm; sequencing

**Academic Standard:** M-4K-3.2 Identify and copy a simple pattern (Joins in with a sound pattern of clap, stamp, clap, stamp.)

## Brain Blast Description:

- Have students practice the movements on the previous page.
- Have students practice each level rhythm card at least 2 sequences each.
- Form a circle of with the rhythm cards, put 3-4 students per card; have students try each pattern card at least two times; have students rotate and practice the rhythm patterns on each card.
- Culminate the brain blast with all rhythm cards placed in level order and have students perform each one as a complete sequence.

# Rhythm Card 1



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# Rhythm Card 2



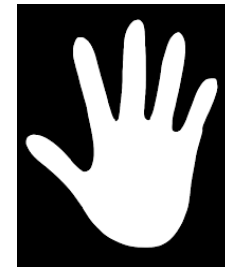
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# Rhythm Card 3



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# Rhythm Card 4



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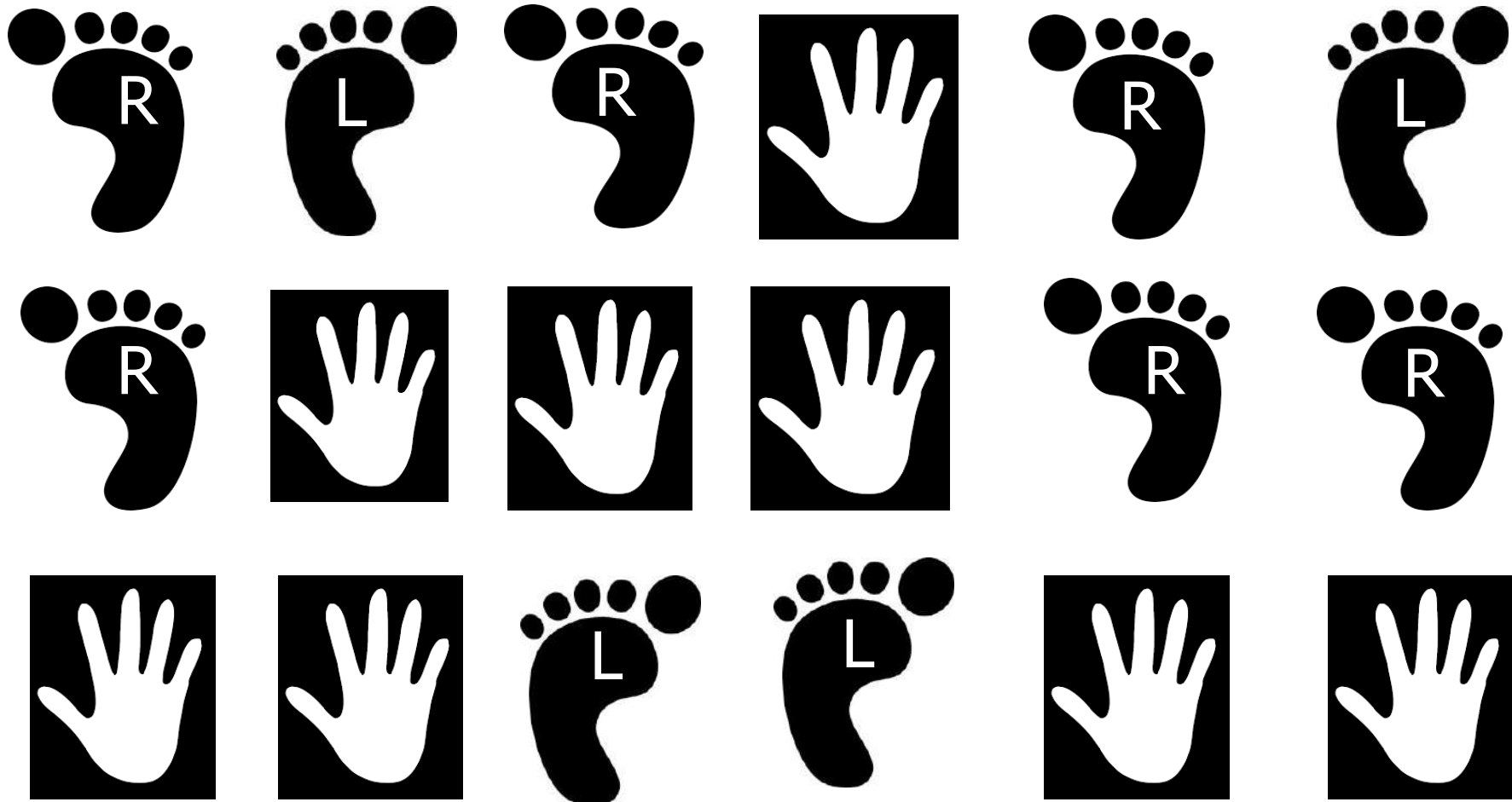




# Rhythm Card 5



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# Rhythm Card 6



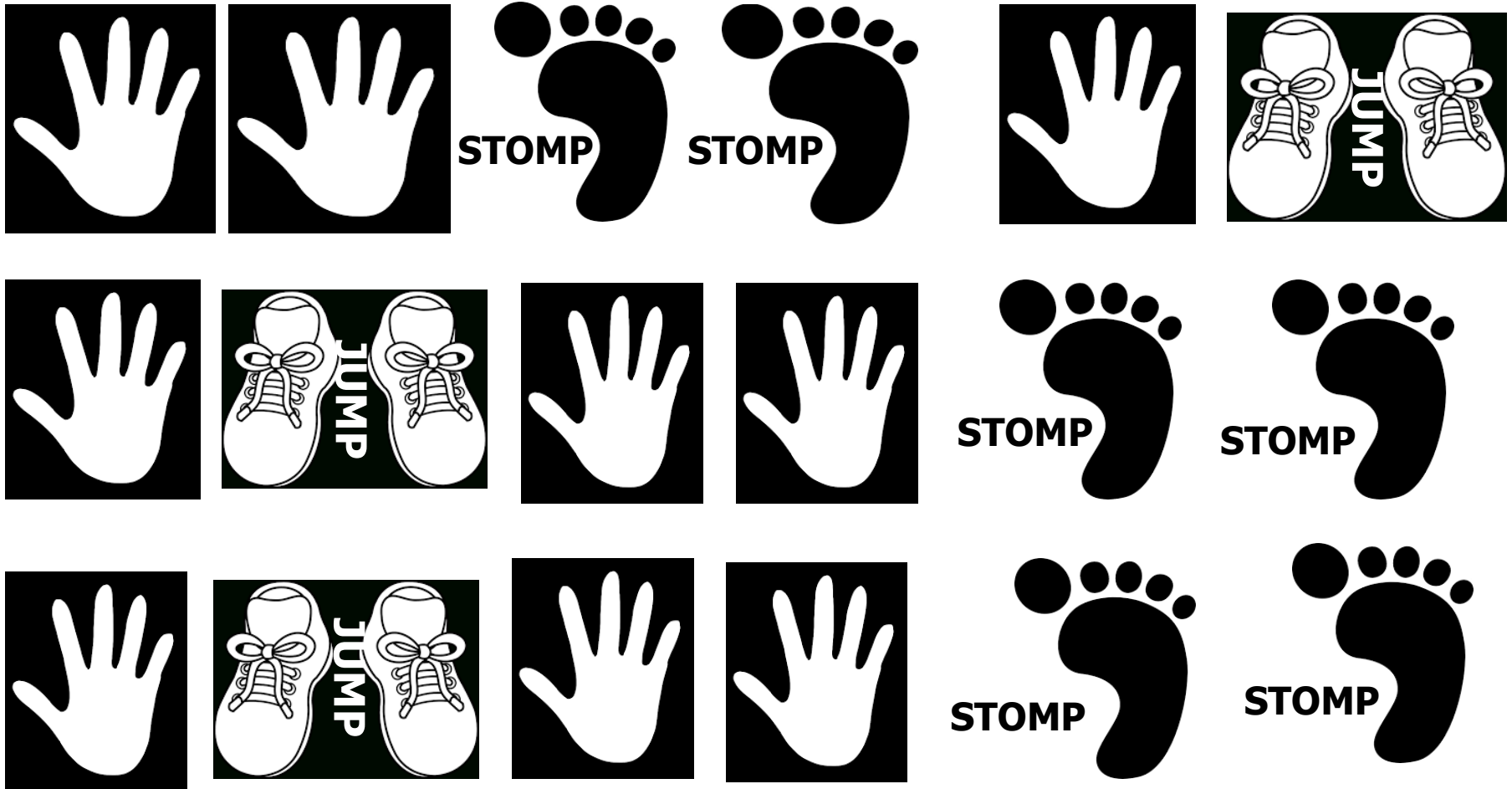
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# Rhythm Card 7



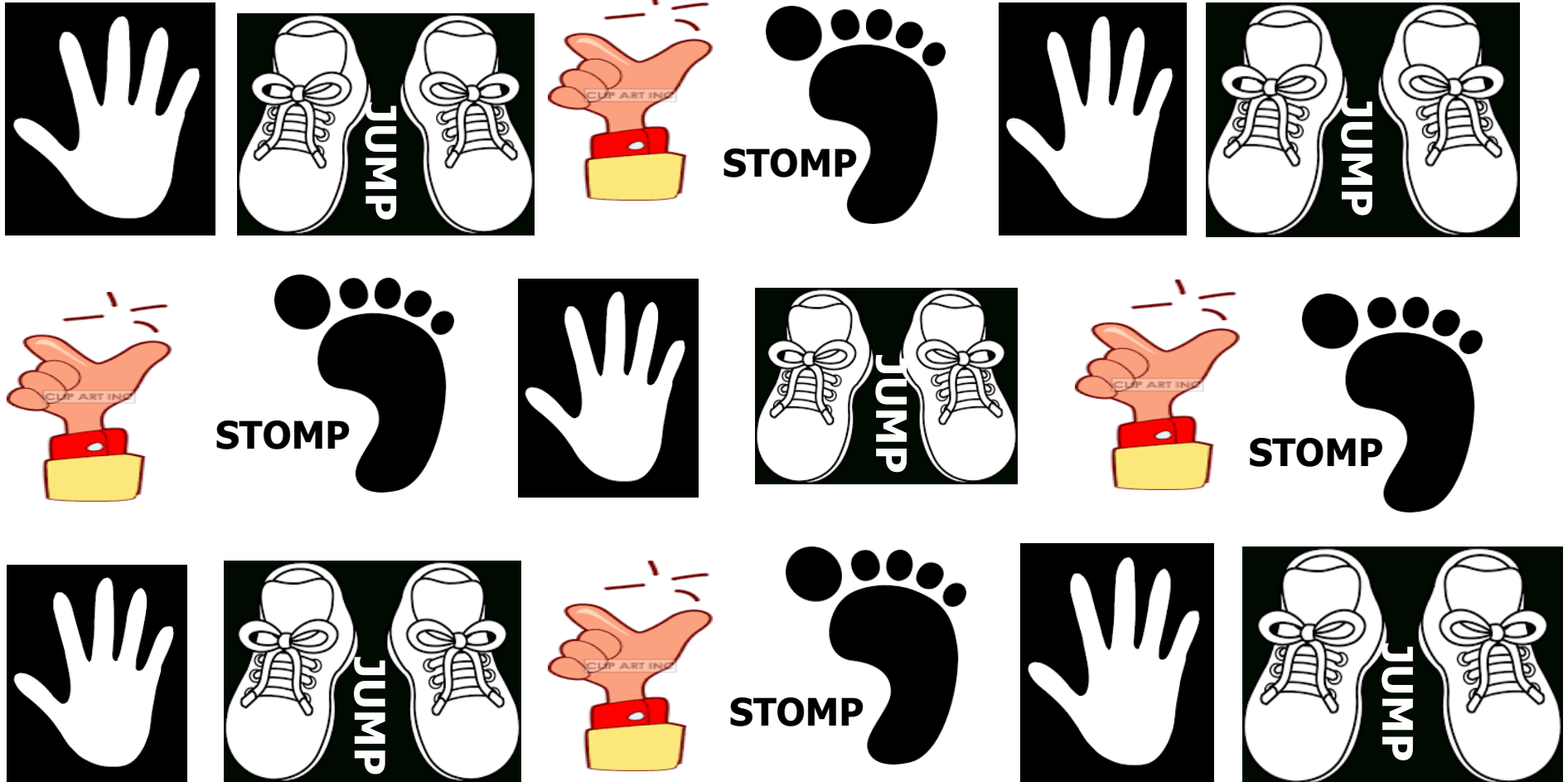
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# Rhythm Card 8



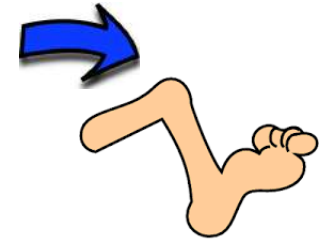
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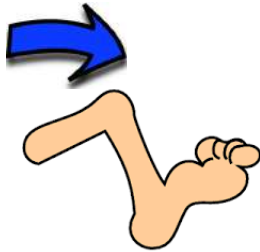
# Rhythm Card 9



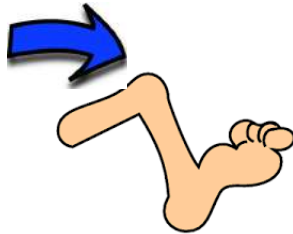
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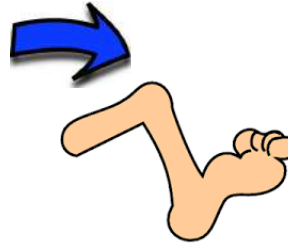
Knee Tap with hand



Knee Tap with hand



Knee Tap with hand



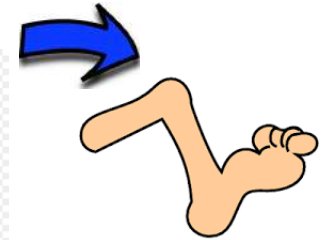
Knee Tap with hand



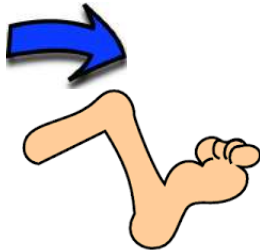
# Rhythm Card 10



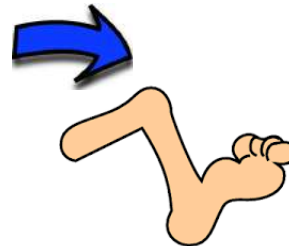
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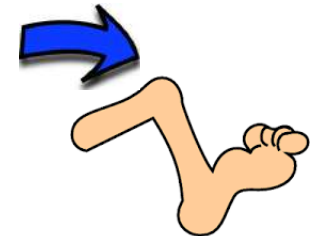
Knee Tap with hand



Knee Tap with hand



Knee Tap with hand

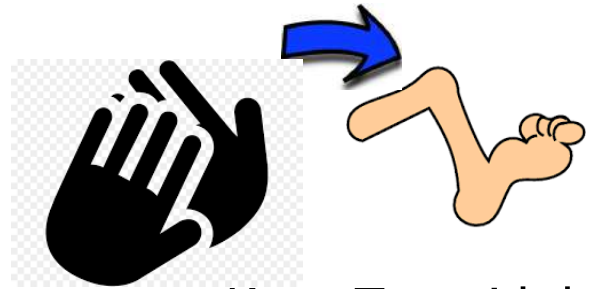
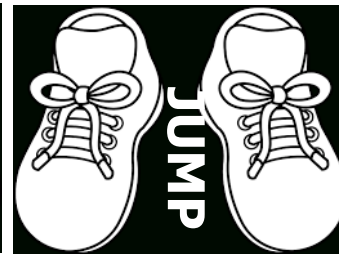
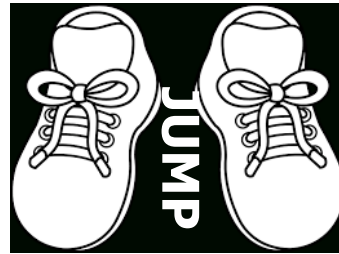


Knee Tap with hand

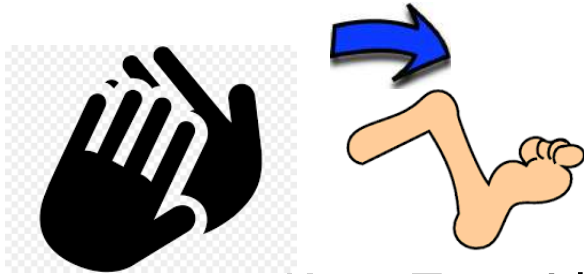
# Rhythm Card 11



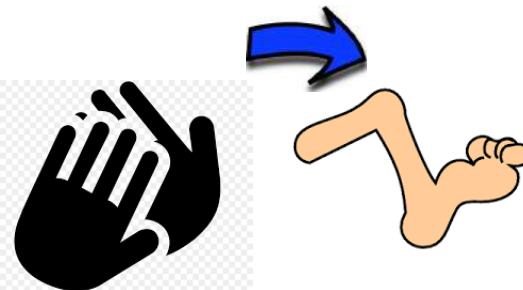
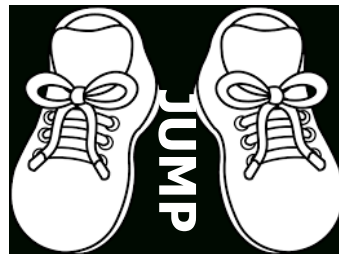
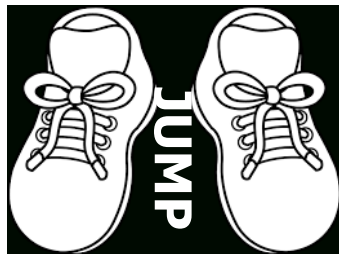
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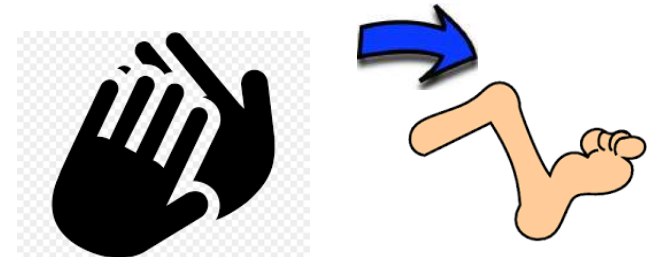
Knee Tap with hand



Knee Tap with hand



Knee Tap with hand



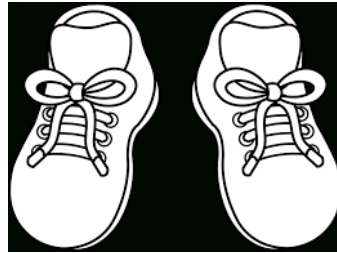
Knee Tap with hand



# Rhythm Card 12



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Have groups of students create their own Rhythm Pattern Card