



**BAMBOOTAMBOO**

*play it and smile*



Developing Coordination

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# Introduction

We all have pretty good co-ordination; it's just that we sometimes forget. Most things that we do on a daily basis require massive amounts of co-ordination, from driving a car, using a knife and fork, even the simple act of walking.

The following exercises are designed to tap into our existing level of co-ordination and help you use this for playing Bamboo Tamboo.

The exercises are meant to be fun, so remember to enjoy them. Once you have become comfortable with them they can be shared with your class.

A good tip is to remember to relax and breathe.

## Exercise 1

Rub your tummy and pat your head.

This is actually a very simple thing to do. Begin by rubbing your stomach, then after a few seconds gently tap your head with your other hand. If it goes wrong, pause, relax, refocus your attention and have another go.

It won't take long to get the hang of it.

The most important thing is to keep going until you've mastered the exercise.

## Exercise 2

We are going to use some familiar words to generate rhythms.

We are going to give each one its own sound, say the word and play the rhythm of each syllable:

Tea            clap                            (clap)

Coffee        stamp                            (stamp stamp)

Coca cola    pat your knees                    (pat pat pat pat)

This is a simple form of body percussion, and we can generate many rhythms this way.

Try playing these before making up some of your own:

Tea tea coffee tea

Coffee tea coffee tea

Coca cola coffee coffee tea

Tea coffee coca cola tea

Coca cola tea coca cola tea. . . .

## Exercise 3

For this exercise we are going to march time, whilst clapping a rhythm.

You can do this either seated or standing, whichever is most comfortable.

First we are going to play a beat with our feet, so we say tea tea tea tea whilst marching in time.

Try to keep this beat going continuously.

Now we are going to clap these different rhythms at the same time:

Tea tea tea tea. . . .

Coffee coffee coffee coffee. . . .

Coca cola coca cola coca cola coca cola. . . .

Take time so that this becomes second nature. Some of you will find this easier than others. The trick is to put all your self talk to one side and just focus on what you are doing.

## Exercise 4

This time we are going to mix up these three words as we do with the call and response game.

Again get a beat going with your feet then try these patterns before making up some of your own.

Tea coffee tea coffee. . . .

Coffee coca cola coffee coca cola. . . .

Coca cola tea coca cola tea. . . .

Coca cola coca cola coffee tea. . . .

Coffee tea coca cola tea. . .

## Exercise 5

Now we are going to use some of Bamboo Tamboo rhythms to clap over our beat.

You can use any of the rhythms in the Bamboo Tamboo Download; here are a few to get you started:

Tea tea coffee lemonade. . . .

I want a biscuit I want a biscuit. . . .

Grandpa Ted jumping on the bed. . . .

Lemonade lemonade can I have a lemonade. . . .

Want a biscuit want a biscuit. . . .

## Exercise 6

If you don't yet have a bamboo Tamboo set try playing Bamboo Tamboo using two pens, or a knife and fork. Obviously it sounds very different but the coordination is the same.

Try playing the rhythms in exercise 5 in this way, then try the rest from the Bamboo Tamboo download.