

# Rhythm Training 1 - Worksheet 1

\*Note: Use a pencil and an eraser for all your worksheets

**1. Name all rhythmic durations we have learned:  
*whole, half, quarter, eighth, sixteenth:***

**Note:**



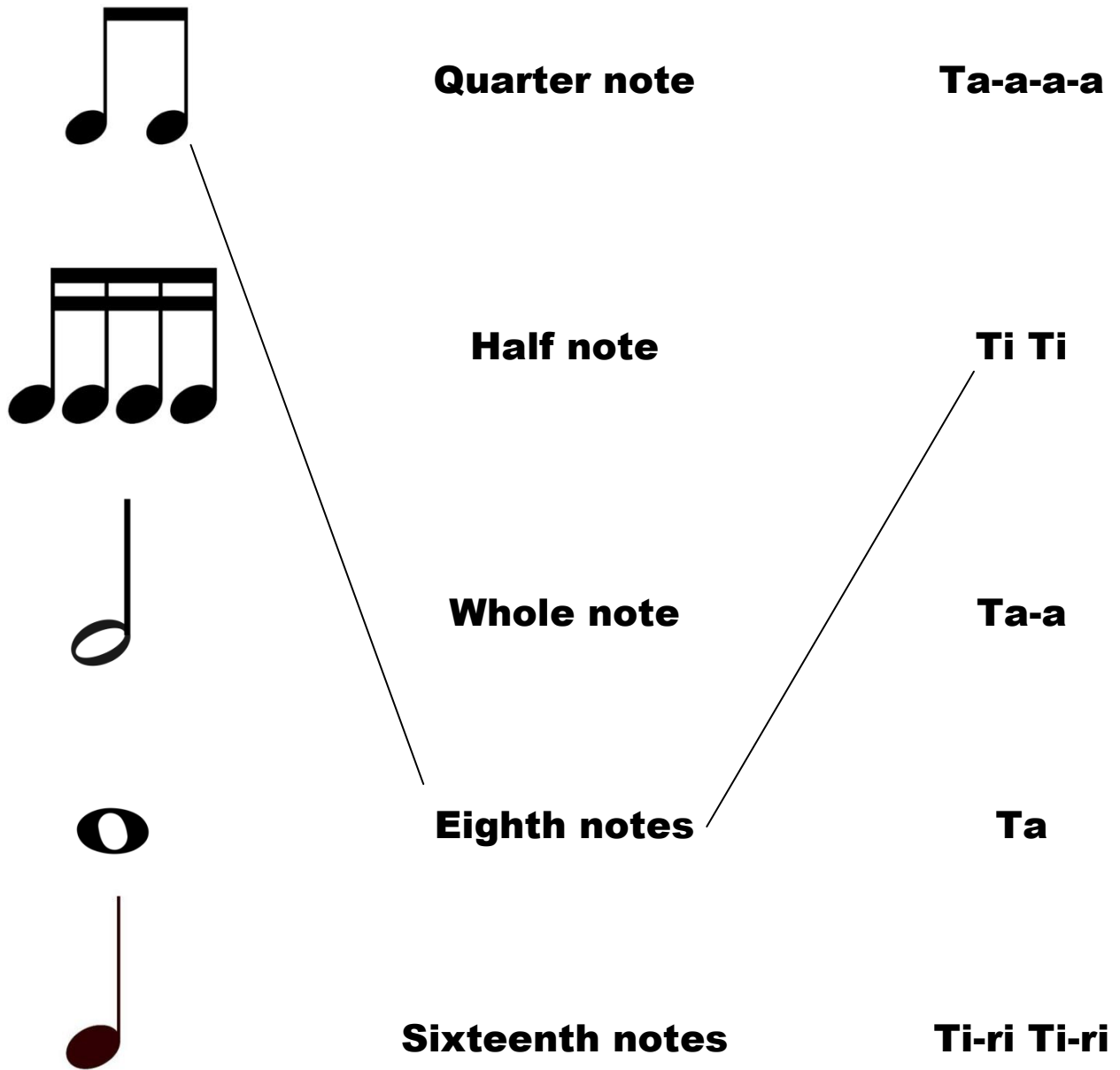
**Name:**

whole

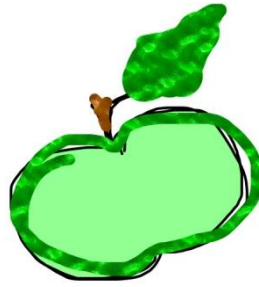


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**2. Connect with lines the notes to their rhythmic names and syllables:**



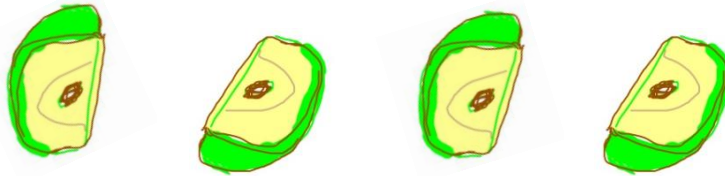
**Use the apple drawing to help you!**



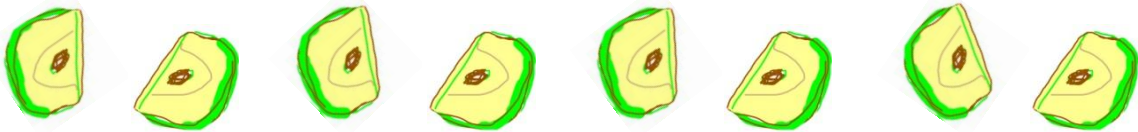
**1 WHOLE**



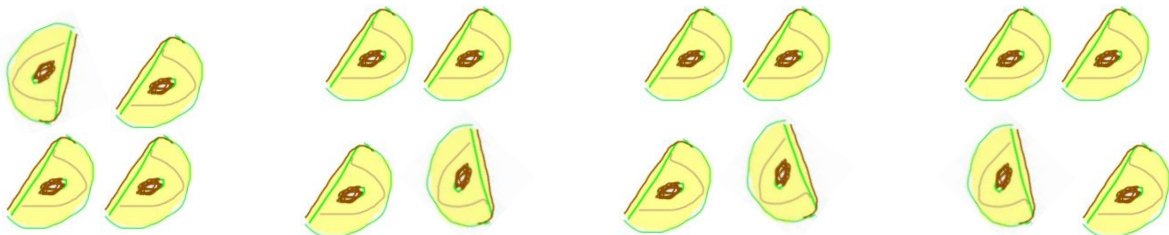
**2 HALVES**



**4 QUARTERS**



**8 EIGHTHS**



**16 SIXTEENTHS**

**3. From note heads below, draw the following notes:**

one half note



two quarter notes



four sixteenth notes (beamed together)



two half notes



one quarter note and two eighth notes



four 16th notes and two quarter notes



two eighth notes and one quarter note



two quarter notes, two eighth notes and four 16th notes



one whole note



#### **4. Play the mp3 *Cheerleader* and keep the beat:**

- a. Start with the slower track, then try faster!
- b. Give yourself a couple measures before you start clapping! Clap!
- c. Count out loud! Count the measures before you start clapping!
- d. Use *Ta Ta Ta Ta!*
- e. Keep clapping, but only say the beats written down!

f. Count as written below! If you run out of notes, go back to beginning and do it again!

1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4

Ta Ta Ta Ta Ta Ta Ta Ta

Ta Ta Ta Ta Ta Ta Ta Ta

- 2 - - - 2 - -

- 2 - - - 2 - -

-   -   -   **4**   |   -   -   -   **4**

-   -   -   **4**   |   -   -   -   **4**

-   **2**   -   -   |   -   -   -   **4**

-   **2**   -   -   |   -   -   -   **4**

**1**   -   -   -   |   -   -   **3**   -

**1**   -   -   -   |   -   -   **3**   -

1 - - - 1 - - -

1 - - - 1 - - -

**Great Work!**

\* Scan your homework and send me in the email then wait for your grade to arrive!

In "subject" put: Your Name OMC Homework

I can't wait to see your work!

*Vira*

***Your Online Music Coach***