



Body Percussion Worksheets



Week 1

Introduction

1. Which parts of his body does Duncan make a sound with?

Circle them below!





Week 1

Basic Rhythms

Colour Key:

Counting

Claps

Stomps

Lap Hits

1.

1	2	3	4
	Clap		Clap
Stomp		Stomp	

2.

1	2	3	4
	Clap		Clap
Stomp	Stomp	Stomp	Stomp

3.

1	&	2	3	&	4
		Clap			Clap
Stomp-Stomp			Stomp- Stomp		

4.

1	&	2	3	&	4
			Ticka-Ticka		
		Clap			Clap
Stomp-Stomp				Stomp	

5.

1	2	3	4
	Clap		Clap
Right, Right-Left		Right-Left, Right-Left	
(Black-Curr-ant)		(Gall-op, Gallop)	



Week 2

Exploring Body Percussion Sounds

Clapping	Cup your hands so they tessellate and grab some air.
Clicking	Marry up your thumb and middle finger and squeeze them past each other The sound comes from your finger landing against your hand.
Finger Taps	Two fingers tapping against your other palm. Duncan thinks of this representing a hi-hat!
Chest Hits	Use the palm of your hand to hit your chest. Your ribcage resonates with a bass-y tone. Stand up nice and tall!
Lap Hits	Use both hands to tap your lap! You can 'glue' your wrist to your thigh or allow your forearms to move.
Stomps	Using just the toe or the whole foot, this will create slightly different sounds.
Jumps	Practise launching off your toes and landing on them to reduce the stress on your knees and ankles.
Mouth Percussion	Be careful with this one! Create an echo chamber in your mouth by changing the shape of your mouth and tapping your cheeks with your hands.



Week 3

Co-ordination

Colour Key:

Counting

Claps

Stomps

Lap Hits

1.

1	2	3	4
Clap	Clap	Clap	Clap
Stomp	Stomp	Stomp	Stomp

2.

1	&	2	&	3	&	4	&
Clap		Clap		Clap		Clap	
Stomp		Stomp		Stomp		Stomp	

3.

1	&	2	&	3	&	4	&
	Clap		Clap		Clap		Clap
Stomp		Stomp		Stomp		Stomp	

4.

1	&	a	2	&	a	3	&	a	4	&	a
Clap			Clap			Clap			Clap		
Stomp-Stomp			Stomp-Stomp			Stomp-Stomp			Stomp-Stomp		
(Right-Left)			(Right-Left)			(Right-Left)			(Right-Left)		

5.

1	e	&	a	2	e	&	a	3	e	&	a	4	e	&	a
Lap-Lap				Lap-Lap				Lap-Lap				Lap-Lap			
Stomp-Stomp				Stomp-Stomp				Stomp-Stomp				Stomp-Stomp			
(Right-Left)				(Right-Left)				(Right-Left)				(Right-Left)			



Week 6

Final Playthrough

1. Slow Rehearsal

Duncan will take you through practising at 90bpm, 105bpm and then at 120bpm

...and maybe a little faster still!

You can find a full score on the next page!

2. Setting Up

Split the classroom into two so you can follow along with each side of the split screen.

When you're confident, have a go at using your nominated soloist!

