

THE  
DALCROZE  
SOCIETY

RHYTHMICS  
EXAMINATION SYLLABUS  
AND  
TEACHER'S NOTES

**PREPARATORY GRADE**

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## EXAMINATION SYLLABUS – RHYTHMICS PREPARATORY GRADE

Rhythmic accuracy, ease of movement, creative input and performance will all be considered in the assessment of every test.

### Warm up

A set warm up sequence will include a selection of the following:

**Footwork** – rising onto balls of feet and down; balance on one leg.

**Leg, Knee and Hip Strength and Flexibility** - standing on one leg, brush foot and sweep; knee bends with feet in parallel; hopping.

**Articulation** - fingers, wrists, shoulders, elbows, knees, toes.

**Weight Transfer** - rocking weight in different directions; **weight change:** with one leg in front push and pull; **weight stays on one leg:** stomps; **change weight:** stamps.

**Laterality** - touching one hand to the opposite knee.

**Locomotor, position and direction in space** - jogging forwards and backwards; sideways galloping; slow side stepping.

**Floor work** - balancing on bottoms to engage abdominal muscles; sausage rolls; with hands and knees on the floor, arching and rounding the back.

**Jumps** -  $\frac{1}{4}$  turn jumps.

### Follow the music

Realise, with whole body movement, all basic locomotor movements in a continuous sequence. Respond to the music stopping and starting and indicate recognition of a single repeated note or chord by stepping on the spot. Changes of dynamic (loud/soft) and articulation (legato/staccato) must be shown.

### Leading and Following

Each candidate in turn chooses a way of travelling at a regular tempo using the body in any way. The player and other candidates join in.

### Pre-Dictation

Step a series of note values then set out flashcards in the correct order when the music stops.

### Internalisation

Step the pulse. Stop travelling when the music stops and maintain the pulse by walking on the spot until the music resumes.

### Duration

Roll a ball between partners to show the full duration of the bar time. Two different tempi will be given. One bar of introduction will be given for the change of tempo.

## **Changes of Metre**

Follow a sequence of phrases alternating between two different bar times. Show each down-beat clearly with a strong statue shape.

## **Opposites**

Move the opposite way to that being played. The following will be used: slow/fast; loud/soft; low/high; heavy/light

## **Phrasing** (*Prepared in advance*)

Travel with a scarf, changing direction to show clearly the beginning and end of each equal length phrase.

## **Form** (*Prepared in advance*)

As a group, realise a short piece of music in movement, clearly showing the form.

## **Group composition** (*Prepared in advance*)

Perform a story or picture in movement incorporating at least two expressive movement words. Vocal accompaniment is optional.

## TEACHERS NOTES - RHYTHMICS PREPARATORY GRADE

In all the exercises the candidates should know what is required of them. Each exercise should be announced but no explanations should be necessary. Where there is a choice of exercise, this should be made clear to the examiners. The teacher may use either the voice, piano, a melodic instrument or recorded music. A variety is to be encouraged.

### Warm up

It is expected that all the warm up exercises will have been taught in class. Having chosen the exercises for the exam and set up the sequence, the teacher should select music to capture the characteristic qualities of each exercise. Each exercise should have its own introduction to establish a suitable tempo. The candidates should have memorised the sequence and be able to perform it without a break.

Stomp: stand on one leg and stamp with the other foot

Stamp: stamp with alternate feet

### Follow the music

Ensure that appropriate and varied use is made of the whole body and of space – personal and in the room.

### Leading and following

Once the pulse and way of travelling have been established, the player begins to accompany the movement and the other candidates join in. After a short period the next candidate is chosen.

### Pre-Dictation

The teacher chooses the order in which to play the note values which will include:



### Internalisation

Ensure both travelling and stationary periods are not too short.

### Duration

See syllabus

### Changes of metre

Select the two bar times from 2/4, 3/4 or 4/4.

### Opposites

See syllabus

### Phrasing – (set by examiner) (*Prepared in advance*)

A choice of two pieces will be set by the examiner.

### Form (*Prepared in advance*)

The teacher will select a suitable piece of music with a clear sense of form. The approximate length should be eight phrases.

### Group composition (*Prepared in advance*)

The piece should be approximately one minute long. The group(s) will be responsible for the composition with the teacher playing an advisory role.