GRADE 7 RATIONALIZED CREATIVE ARTS AND SPORTS NOTES

Strand 2: Creating and Performing in Creative Arts and Sports

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2.1 Composing Rhythm

Introduction

Rhythm is the heartbeat of music. It gives music structure, movement, and energy. Whether in music class, cultural events, or sports activities, rhythm helps us stay in sync. Learning to create rhythms helps us express ideas clearly and creatively.

Key Elements of Rhythm

• **Time Signature:**

- Indicates how many beats are in a bar and the type of note that gets one beat.
- Example: 4/4 means four crotchet (quarter note) beats per bar.

