

Monday

We are all aware of the impact the slave trade had on the world, but hidden among the stories of hardship, sacrifice and defiance is the fascinating history of how steel pan bands were born. The sound of African Drumming has captivated and inspired people for centuries and is one of the earliest forms of communication. When people from Africa were transported to America to work as slaves on the cotton sugar and cocoa plantations, they brought with them their traditional music.

Much of this music was played on drums.

Try to play an authentic African Drumming rhythm. This is a traditional West African rhythm known as a Sogo.

Rest means silence or stop

X means clap or tap a table or chair or use a drum if you have one.

Rhythm 1	1	2	3	4	5	6	7	8
X clap or tap a table or chair	x	rest	rest	rest	x	rest	rest	rest

Rhythm 2	1	2	3	4	5	6	7	8
Clap or tap a table or chair	rest	rest	x	x	rest	rest	x	x

Rhythm 3	1	2	3	4	5	6	7	8
Clap or tap a table or chair	x	rest	x	rest	x	x	rest	x

If there are three people in your household you could all clap a different rhythm pattern at the same time and swap them around so you have a go at each rhythm.

Which rhythm is the easiest to clap?

Which is the hardest?

Don't forget to keep looping these rhythms round and round. Could you clap them more than once? Could you repeat them 3, 3 or 4 times?