



MUSIC NOTES

Music and Movement



Rhythm is an audible expression of movement

Emile Jaques-Dalcroze 1865 – 1950

We often get the question “Why are we always moving in Music Class?” The answer is bigger than the obvious “Because it’s fun!”

There is a distinct connection between rhythm and movement. The more ways we are comfortable moving our bodies, the more rhythms we are able to understand and comfortably perform. From jumping and marching to slow circular movements, it’s

important to experience a full range of movement types because with each movement, we are internalizing a different type of rhythmic feel.

For this reason, every class includes a variety of movement activities. We also have a “free dance” each class when we encourage you to be creative and motivate your child with your fancy moves – or silly moves. It doesn’t matter how well you move, only that you have a smile on your face and are moving your body.

So have fun in class, and remember that The Music Class is a music and *movement* class.

About TMC

Each local teaching center outside Atlanta, Philadelphia and Nashville is individually owned and operates under its own name. The Music Class Inc. is the company that produces the music and books you use in class, and provides training and support for your teacher. Local teachers can adapt our programs, but we all have the same goal in mind: working with parents and caregivers to enable each child to achieve his or her full musical potential.



*-Rob Sayer
Director, The Music Class Inc.*

