

# “1, 2, 3 Break It Down” Clapping/Patting Rhythmic Game

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**Overview:** (Grades 3-5)

Sit in front of a table/stool or other surface you can pat/slap with your hands to the rhythm. Otherwise, you can sit on the floor and do the rhythm in front of you or do it standing and adjust where needed. \*Anything that is in quotations is said out loud.

**\*To see a video visual to get the feel for how it goes, email me at [lsjack@mpsomaha.org](mailto:lsjack@mpsomaha.org)**

“Give me 1”

1(pat surface both hands)	Clap	1 (pat)
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“Give me 2”

1, 2 (pat)	Clap	1 (pat)
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“Give me 3”

1, 2 (pat)	Clap	
1, 2, 3 (pat)	Clap	
1, 2, 3 (pat)	Clap	1 (pat)

“Break It DOWN”

**\*Anytime it's R(right) or L(left), you are patting**

R	clap	L, L	Clap
R,R	clap, clap	L, L	Clap
R	clap	L, L	Clap

Out	Cross	Out	“UGH!”
(pat)	(hands)	(pat)	(elbows back)

**Pacing/Tips:**

**Remote Learners:** I broke up into 3 parts and had them show me it on the app *Flipgrid*.

Part 1: Beginning till Break It Down                      Part 2: Break It Down to the End

Part 3: The Whole Thing together

**In Person:**

Day 1: Part 1 (5 min.)                                      Day 2: Part 2 (5-8 min.) while also reviewing first half

Day 3: Whole Thing-We used stools to experiment with the sound (instead of carpeted floor) once they got the hang of it.

\*If you're teaching in the students' classroom, desks/tables are great for sound effects, also.