

Intégration corporelle de mots rythmiques binaires simples

Les exercices sont très simples et doivent, par l'intermédiaire d'un travail corporel, permettre l'intégration de rythmes binaires basiques autour du développement de la latéralisation.

Les notes sur la ligne sont jouées par les mains (frappés sur les cuisses, claquements de doigts, torse...), et celles sous la ligne par les pieds.

Chaque signe correspond à un membre (exemple : note « losange » / main droite, note traditionnelle / main gauche...); la partie jouée par les pieds est souvent écrite pour un seul pied, mais vous pouvez, selon les difficultés rencontrées, développer des alternances au choix ;

Les exercices sont proposés dans une progression qui fonctionne, les combinaisons ne sont pas exhaustives et vous pouvez en inventer d'autres (ou ajouter un niveau... la voix par exemple...).

Intégration rythmique - Rythmes simples -

A musical staff with a 4/4 time signature. The staff contains a sequence of rhythmic symbols: a diamond, a wavy line, a circle with a horizontal line through it, a diamond, a wavy line, a diamond, a circle with a horizontal line through it, a diamond, a wavy line, a diamond, a circle with a horizontal line through it, and a diamond. The staff is flanked by double bar lines at both ends.

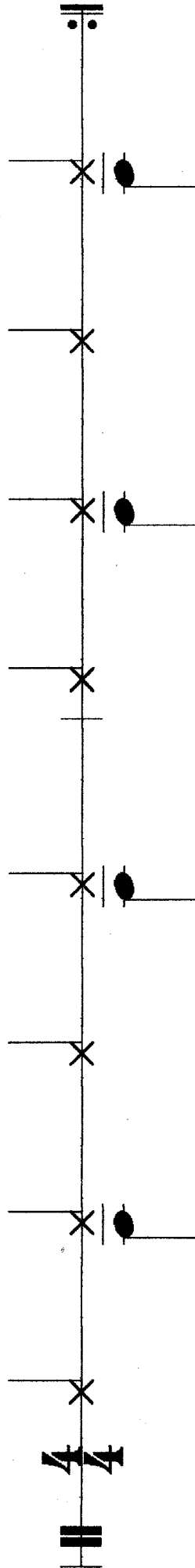


Intégration rythmique - Rythmes simples -

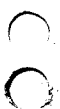
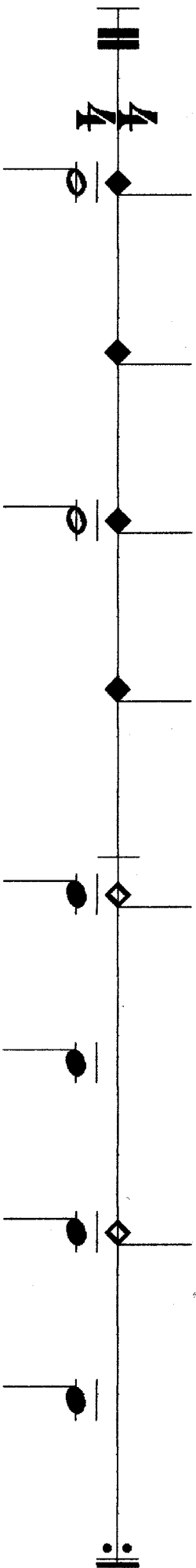
4/4

Intégration rythmique - Rythmes simples -

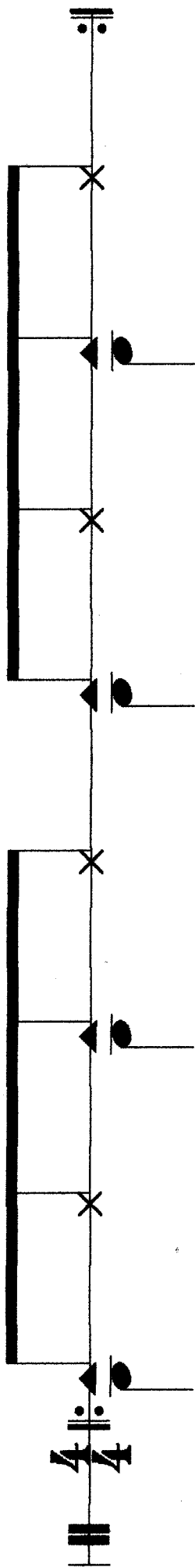
publié par le Centre



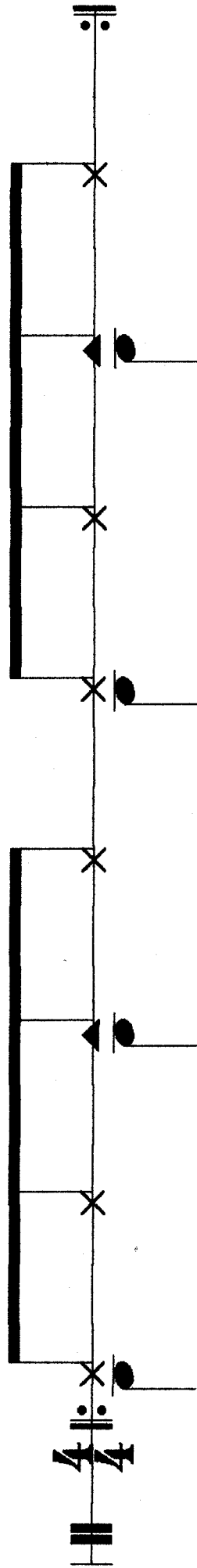
Intégration rythmique - Rythmes simples -

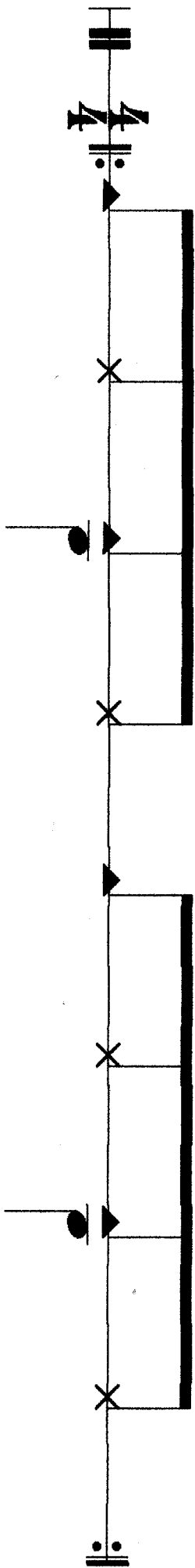


Mots rythmiques - débits de croches avec pulsation - Latéralisation des rythmes.



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Mots rythmiques - débits de croches avec pulsation - Latéralisation des rythmes.

The image displays two musical staves in 4/4 time, each with a double bar line at the beginning. The notation is as follows:

- Staff 1 (Left):** Starts with a double bar line, followed by a quarter rest, a quarter note marked with an 'x', a quarter note marked with a solid dot, and a quarter rest.
- Staff 2 (Right):** Starts with a double bar line, followed by a quarter note marked with a solid dot, a quarter note marked with an 'x', a quarter note marked with a solid dot, and a quarter rest.

Below the notes, there are thick horizontal bars spanning the duration of the notes. Vertical lines connect the notes to these bars. The notes are positioned on the first line of the staff.

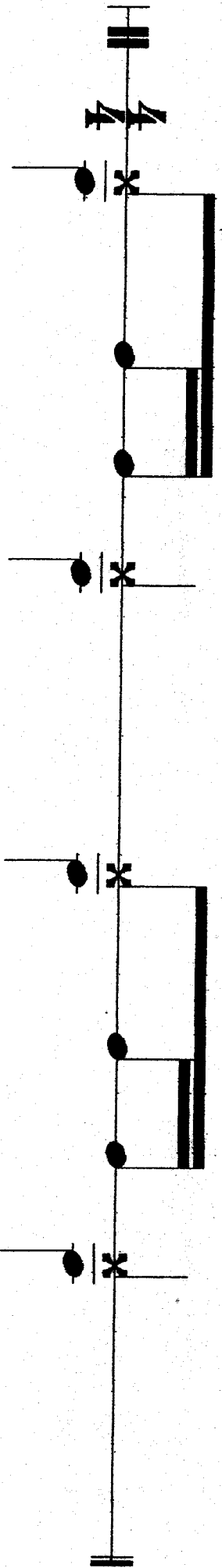
Intégratic., corporelle - mots rythm. ques -

The image shows a musical staff with a 4/4 time signature. The notation is as follows:

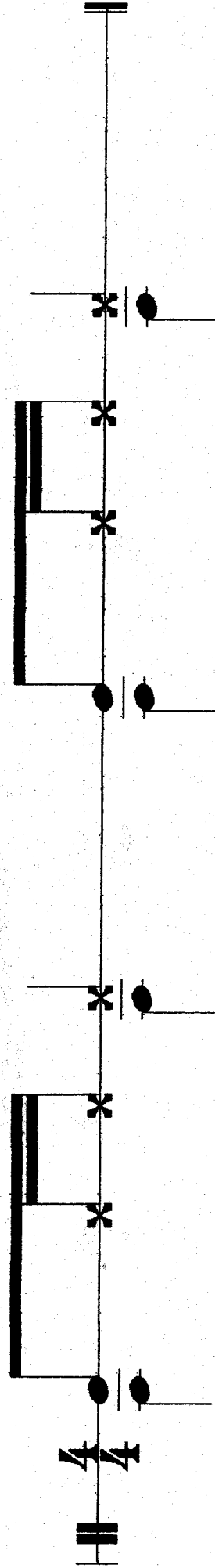
- Measure 1: A quarter rest, followed by a quarter note on the first line (G4), a quarter note on the second line (A4), a quarter note on the second space (B4), and a quarter note on the third line (C5).
- Measure 2: A quarter note on the first line (G4), a quarter note on the second line (A4), a quarter note on the second space (B4), and a quarter note on the third line (C5).
- Measure 3: A quarter note on the first line (G4), a quarter note on the second line (A4), a quarter note on the second space (B4), and a quarter note on the third line (C5).
- Measure 4: A quarter note on the first line (G4), a quarter note on the second line (A4), a quarter note on the second space (B4), and a quarter note on the third line (C5).

There are 'X' marks above the notes in the second and fourth measures, indicating specific rhythmic or articulation points. The staff is enclosed in a double bar line at both ends.

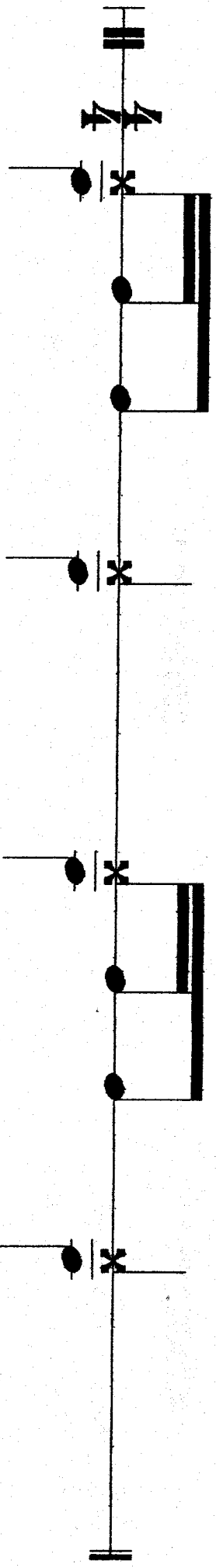
Intégration corporelle - mots rythmiques -



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Intégration corporelle - mots rythmiques -

A musical staff with a 4/4 time signature. The notation consists of a series of notes and rests. The first measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The second measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The third measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The fourth measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The fifth measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The sixth measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The seventh measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The eighth measure contains a quarter note on the first line, a quarter note on the second line, and a quarter note on the third line. The notation is accompanied by rhythmic markings: a vertical line with a crossbar and a vertical line with a crossbar, indicating specific rhythmic values or accents.

Nouveaux rythmes - approche par les débits -

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...