**Course: Music in Movement – Musical Training for Children**
**Duration:** 6 weeks
**Ages:** 8–12 years
**Teaching Methods:** Orff and Dalcroze approaches
**Class Length:** 60 minutes each

**Objectives:**
• Encourage a love for music in a joyful and spontaneous way
• Develop rhythmic, melodic, and bodily awareness at the child’s own pace
• Strengthen cooperation and self-expression through musical activities
• Introduce Orff instruments (xylophone, rhythm box, claves, etc.)
• Connect movement and sound to internalize musical concepts (tempo, dynamics, phrasing)

**Weekly Overview:**
**Week 1 – Rhythm in Your Body**
Intro to rhythmic movement (steps, echo rhythm)
Games: walking with tempo, freeze dance
Instruments: claves and small drum

**Week 2 – Melody and Voice**
Discover your voice through games and call-and-response songs
Movement following pitch (up-down)
Instrument: glockenspiel

**Week 3 – Guided Musical Movement**
Dalcroze exercises (stop/start, bouncing, long/short)
Body improvisation based on music
Partner games: rhythmic mirror

**Week 4 – Play and Simple Composition**
Use rhythmic patterns to compose short phrases
Create group sequences (AB, ABA)
Instruments: small Orff ensemble

**Week 5 – Creative Interpretation**
Integrate singing, instruments, and movement into a mini-performance
Use of objects: scarf, ribbon, rhythm ball
Group creates its own “piece”

**Week 6 – Presentation and Celebration**
Sharing week: children present a short performance to family
Playful reflection: what did you like, what did you learn
Symbolic certificates for participation

**Necessary Resources:**
• Spacious room for movement
• Orff instruments (can be shared in group)
• Visual and audio materials (instrumental tracks, rhythm cards)
• Kind and flexible guidance, adapted to the group’s pace