**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