



Mix a pancake: song

17

BEAT	RHYTHM	PITCH
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Mix a pan - cake, stir a pan - cake, pop it in the pan.

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Fry a pan - cake, toss a pan - cake, catch it if you can!



Children are in pairs and one child has a bean bag. The bean bag is passed from right to left hand throughout the first line and then during the rest is passed to the partner. The partner does the same during the second line passing it back to the first child on the final rest.



The children are in a circle and two or three are in the centre with a bean bag. During the rests the beanbags are passed to someone in the circle and they immediately change places. Everyone in the circle should show a steady beat by tapping knees then clapping hands – this is also showing the pattern of two beats in every bar – so as well as beat the children are experiencing the **METRE**.

Guess the song!



The two rhythm patterns in **Mix a pancake** are exactly the same as those found in **Rain is falling down** but they are in a different order.



Look at the accompanying sheet for **Mix a pancake** and try to perform the song with beat and rhythm together
REMEMBER – the beat never stops!



Sing the whole song using rhythm names:
tete tete tete tete / tete tete ta Z - don't say anything in the rest as it is a silence – but make up a silent action!