

# 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.

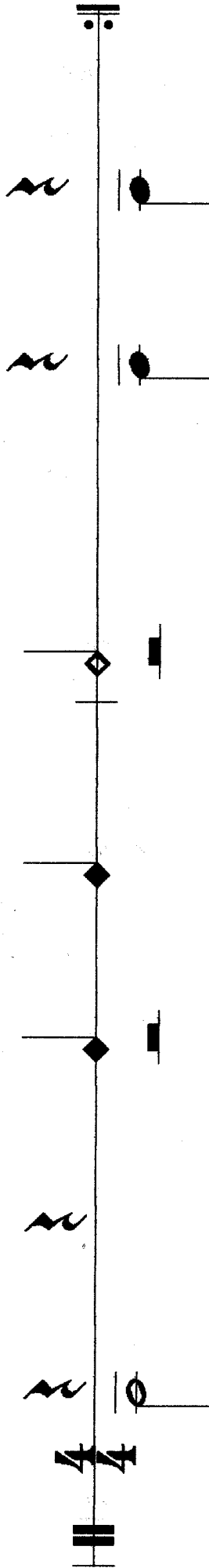
Les notes sur la ligne sont jouées par les mains (frappés sur les cuisses, claquements de doigts, torse...), et celles sous la ligne par les pieds.

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...).



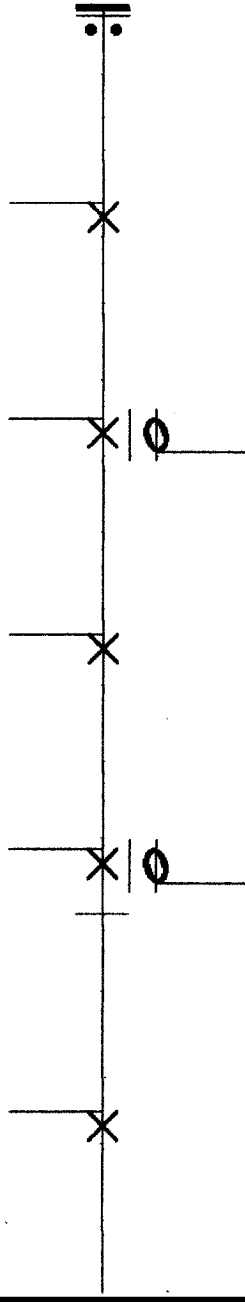
Intégration rythmique - Rythmes simples -



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A musical staff with a 4/4 time signature. The staff contains several rhythmic elements: a diamond symbol, a wavy line, a circle with a horizontal line through it, and a solid black circle. The staff is divided into measures by vertical bar lines. The notation is abstract and non-standard, focusing on rhythmic patterns rather than specific notes.

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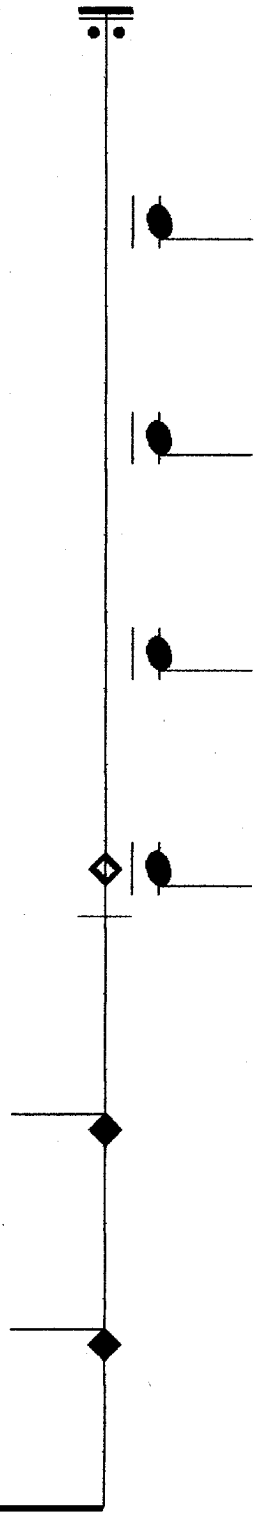
A musical staff with a 4/4 time signature. The staff contains seven measures of music. Each measure begins with a vertical line (downbeat) and an 'X' mark. The notes are as follows:

- Measure 1: Quarter note, quarter note, quarter note, quarter note.
- Measure 2: Quarter note, quarter note, quarter note, quarter note.
- Measure 3: Quarter note, quarter note, quarter note, quarter note.
- Measure 4: Quarter note, quarter note, quarter note, quarter note.
- Measure 5: Quarter note, quarter note, quarter note, quarter note.
- Measure 6: Quarter note, quarter note, quarter note, quarter note.
- Measure 7: Quarter note, quarter note, quarter note, quarter note.

The staff ends with a double bar line and a repeat sign.

Intégration rythmique - Rythmes simples -

1. Introduction

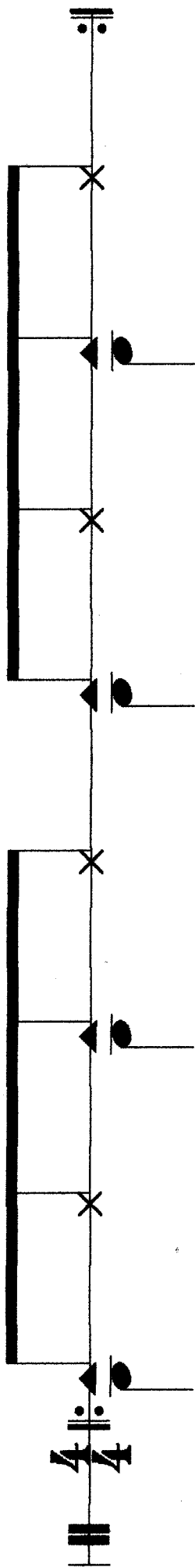


Intégration rythmique - Rythmes simples -

A musical staff with a treble clef and a 4/4 time signature. The staff contains seven measures of music. The first measure has a quarter note with a diamond-shaped head. The second measure has a quarter note with a diamond-shaped head. The third measure has a quarter note with a diamond-shaped head. The fourth measure has a quarter note with a diamond-shaped head. The fifth measure has a quarter note with a solid black circular head. The sixth measure has a quarter note with a solid black circular head. The seventh measure has a quarter note with a solid black circular head. The staff is flanked by a double bar line on the left and a double bar line with a repeat sign on the right.

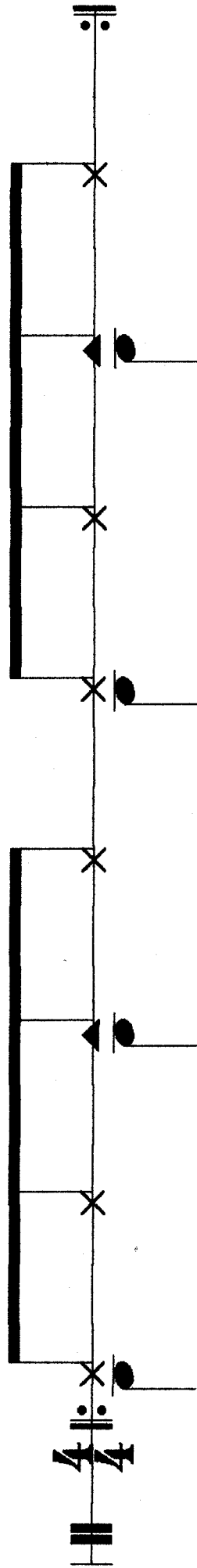


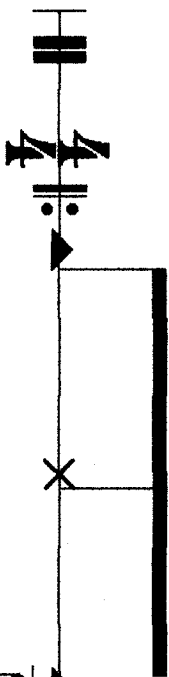
Mots rythmiques - débits de croches avec pulsation - Latéralisation des rythmes.





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



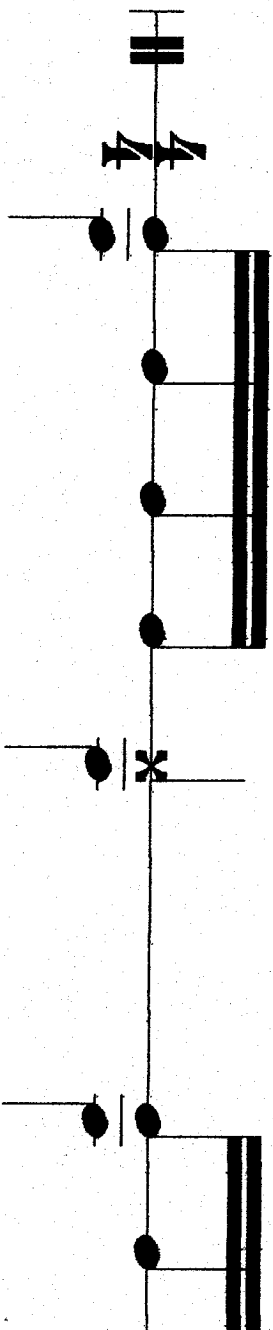


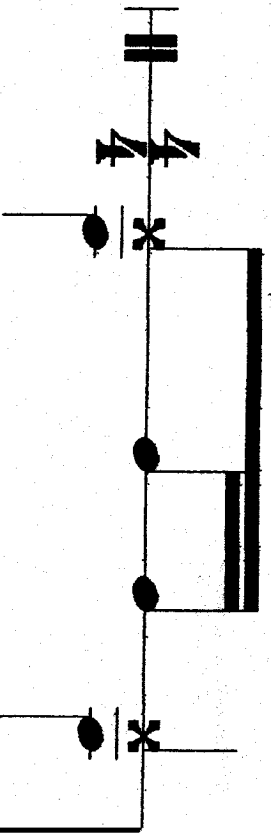
Mots rythmiques - débits de croches avec pulsation - Latéralisation des rythmes.

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. The first measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The second measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The third measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The fourth measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it.
- Staff 2 (Right):** Starts with a double bar line. The first measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The second measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The third measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it. The fourth measure contains a quarter rest, followed by a quarter note with an 'x' above it, and a quarter note with a dot above it.

# Intégrative, corporelle - mots rythm

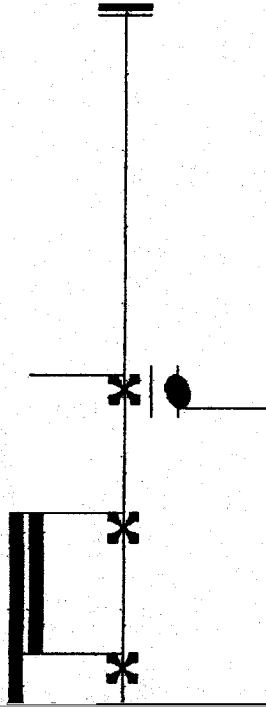




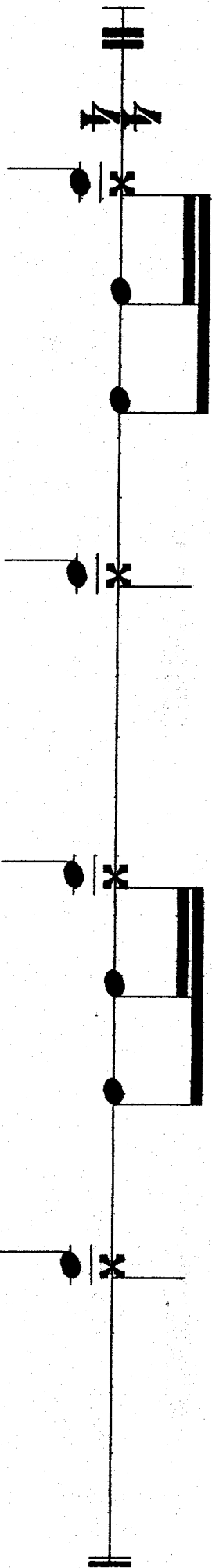
# Intégration corporelle - mots rythmiques -

A musical staff with a 4/4 time signature. The staff contains two measures of music. Each measure begins with a quarter note on the middle line (G4), followed by a quarter rest, a quarter note on the first space (F4), and a quarter note on the second space (G4). The first measure ends with a double bar line. The second measure ends with a double bar line. There are some handwritten marks and a small 'x' on the staff.

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# Intégration corporelle - mots rythmiques -







Nouveaux rythmes - approche par les débits -

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

Débits

Donne ...

