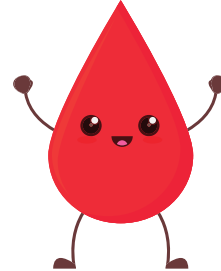
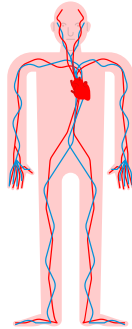
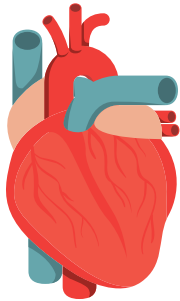




Your Circulatory System



Your Circulatory System is comprised of your _____,
_____, & _____.

Your heart's main job is to _____ throughout
your body.

There are 3 types of blood vessels. Your _____,
_____, & _____.

The largest blood vessels are your _____ & _____.

The arteries move blood _____ from the heart. The veins bring
blood _____ to the heart. Arteries carry the most _____
and have the strongest _____. Veins have the _____
walls.

The smallest blood vessels are your _____. These veins
carry blood very close to the cells and tissues of the body in order to
exchange _____, _____, & _____.

The average human body contains _____ to _____ liters of blood.

The blood carries many substances throughout the body and helps maintain
_____ of nutrients, gases, and waste.



The Circulatory System of Music: Rhythm



We already learned that music has a beat, similar to your heart maintaining a steady beat as it pumps blood through your body.

Just like the body has different sizes of blood vessels to transport blood throughout the body, music has different lengths of _____ to carry the music forward throughout the piece of music.

As we learn together, write the names of the notes underneath each. Also, write how many beats each note gets on the second line.

The first three notes are similar to your arteries and veins because they are longer notes.

The last note we are learning is the _____ note. This note is special because it gets _____ notes for _____ beat. So each note is worth a _____ of a beat.

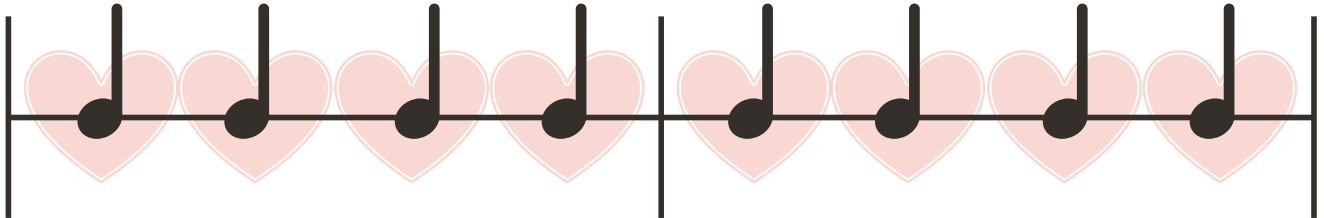
Any notes smaller than a quarter note are similar to your capillaries because they are the smallest notes.

Just like the different blood vessels have different reasons for being different sizes, it's important to have different lengths of notes for different reasons. Listen to how a song sounds if we keep all the notes the same length.

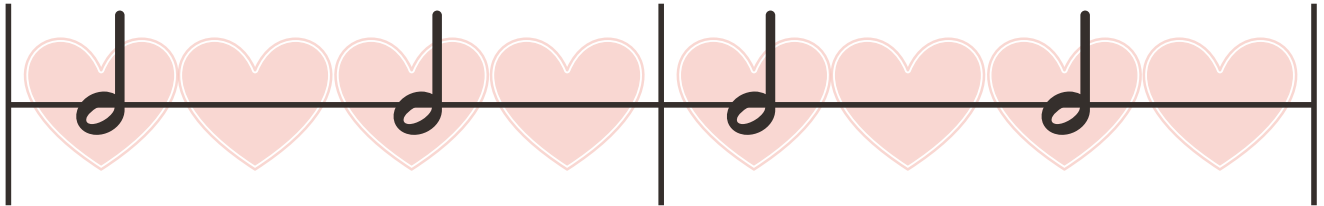
Just like blood is in charge of maintaining homeostasis, music is balanced by having _____ to keep notes and beats organized.

Activities:

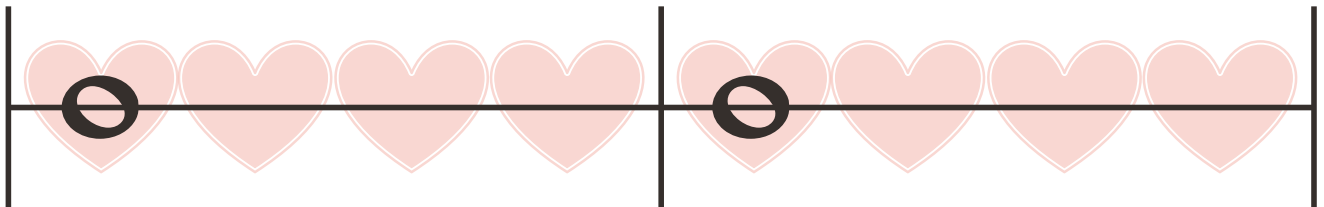
1) Here is a line of music. It is divided into measures with 4 (heart) beats in each measure. Practice clapping a steady beat as you say "ta" "ta" "ta" "ta" for each quarter note.



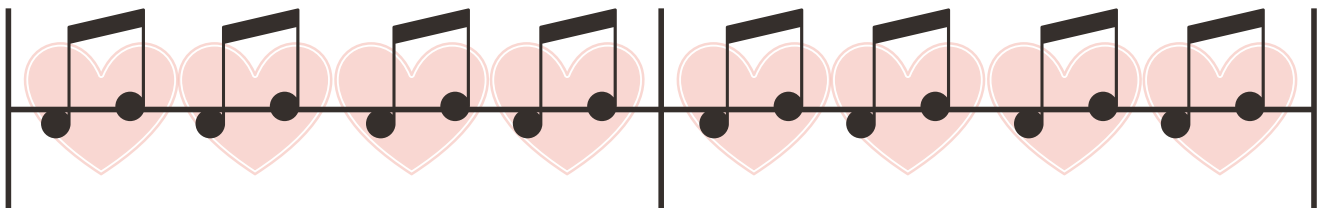
2) Here is another line of music. Practice clapping once for each half note as you say "ta-a" "ta-a" "ta-a" "ta-a".



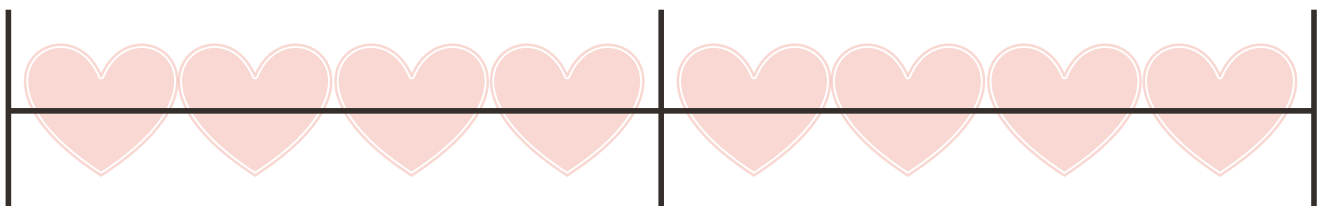
3) Here is another line of music. Practice clapping once for each whole note as you say "ta-a-a-a" "ta-a-a-a".



4) Here is another line of music. Practice clapping once for each eighth note as you say "ti-ti" "ti-ti" "ti-ti" "ti-ti".



5) Now you get to write your own rhythm! Use a mix of notes, but remember how many beats each gets. Quarter note=one, half note=two, whole note=four, eighth note=half.





Activities:

Now use the remaining lines to write as many of your own rhythms as you wish!

