



Triple Meter with “Swallow Goodbye”

by Taylor Heinzen

Topic: $\frac{3}{4}$ Time

Suggested Grade: 3rd Grade

Objective: Students will demonstrate an understanding of $\frac{3}{4}$ time as a combination of strong, weak, weak.

Materials: stretchy bands, single frame drum with mallet.

Approx time per lesson: 30 minutes.

Directions:

1. Teacher sings the folk song*** [Swallow Goodbye](#) for the students. Then discuss the words/content of the folk song.
2. In place, students march to the downbeat (quarter note), following the teacher's lead. This will have a swaying feel.
 - a. Once the swaying pulse is established in place, students can travel through space. On a frame drum, the teacher plays the quarter note pulse (as musically as possible) as students travel through space around the room.
3. Pause and have the students sit where they are.
 - a. Lead a conversation about the strong beat. But how many beats are between each strong beat? Students should be led to discover that there are two weak beats in between each strong beat, so combined, there are a total of 3 beats.
4. Travel again, while only stepping on the strong beat (beat 1) and showing the weak beats by tapping their fingers (beats 2 and 3), as teacher continues to sing the song
 - a. At this point, if they are getting it, students can join in singing while they travel.
5. Pause and talk through expectations with the stretchy bands.

- a. Pass out a stretchy band to each student and then have them find a partner. With a partner, each student grabs one end of their own stretchy and then the end of their partner's stretch band. They will create a river (stretchy bands are parallel to each other in front of the children, each child is holding one end of each of the stretchy bands in each hand).
 - b. On each strong beat, they alternate hands while pulling the band one band toward them while their partner pulls the other band (the bands are moving in opposite directions).
 - c. Sing the song while making these movements.
6. Have students pack up stretchy bands and have any final conversation about a meter of three beats being grouped in a pattern of strong, weak, weak.
7. Extension: Using their stretchy bands, let each partner group create movements that align with strong, weak, weak. Each group can perform their creation all at once with the folk song. Groups that would like to share their creation individually can share while the rest of the group sings the song for them.

***Quick note: [Beth's Notes](#) is an amazing resource for folk songs!