

# H Y M N S

# Rock

... high energy music activities for  
children encouraging steady beat

Created by  
Pam Andrews and John DeVries

PA 707CD

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- 1** **Classical Medley**  
Joyful, Joyful, We Adore Thee... A Mighty Fortress... Glorious Things of Thee Are Spoken...  
Be Still, My Soul... We Are God's People... For All the Saints... Halleluia Chorus
- 2** **March Medley**  
We're Marching to Zion... Stand Up, Stand Up for Jesus... Onward Christian Soldiers...  
Take My Life and Let It Be... Lead On, O King Eternal... Standing on the Promises...  
All Hail the Power of Jesus' Name
- 3** **Holy Medley**  
Holy, Holy, Holy... Fairest Lord Jesus... I Surrender All...  
It Is Well With My Soul... Amazing Grace
- 4** **Mambo Medley**  
We've a Story to Tell to the Nations... Send the Light... In Christ There is No East or West...  
Since I Have Been Redeemed... Savior Like a Shepherd Lead Us
- 5** **Hip Hop Medley**  
Jesus Loves Me... Jesus Loves the Little Children... What a Friend We Have in Jesus...  
Count Your Blessings... Glory to His Name... Peace Like a River
- 6** **World Medley**  
Jesus is All the World to Me... Redeemed...  
I Will Sing of My Redeemer  
Grace Greater Than All Our Sin...  
I Must Tell Jesus... O How I Love Jesus

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Welcome to “**H**YMN**S** **B**OCK.” This product is an excellent way to teach steady beat to children. There is a prominent steady beat in each medley, which helps the children feel the heartbeat of the music. Adding movements or percussion instruments enhances the pulse of the music and is both fun and educational for every child. Here are some examples of movements you can do to reinforce steady beat.

Younger Children . . .

Try to maintain parallel motion with hands or instruments. The children could pat their knees, pat their knees while alternating legs, pat their head, pat the floor, pat their legs, then their shoulders.

Older Children . . .

Older Children can alternate movement with their hands and legs. They can clap to a steady beat while moving. Older children can add steps.

With each medley, you will find activity examples . . . Movement, Hands-on, and Props. These are simply suggested ideas for each medley. Be creative. Make up your own. Use more than one prop in a medley. Combine movements to give that activity variety. Have fun. You will be reinforcing steady beat and getting out loads of wiggles in the process. God bless YOU as you enjoy “**H**YMN**S** **B**OCK!”

## **Classical Medley . . .**

**Movement Activity**—Maintain steady beat by patting different parts of your body in parallel motion.

**Hands-on Activity**—Stand in a circle and pass a Bible to a steady beat. (You may want to pass more than one Bible.)

**Props Activity**—Create two pom-poms for each hand using tape, crepe paper and a stick. It would be nice to have two different colors of pom-poms. Shake the pom-poms in various directions always maintaining steady beat. This activity can be combined with the Movement Activity.

Joyful, Joyful, We Adore Thee (Music by Ludwig van Beethoven) . . . A Mighty Fortress (Music by Martin Luther) . . . Glorious Things of Thee Are Spoke (Music by Franz Joseph Haydn) . . . Be Still My Soul (Music by Jean Sibelius) . . . We Are God’s People (Music by Johannes Brahms) . . . For All the Saints (Music by Ralph Vaughan Williams) . . . Hallelujah Chorus (Music by George Frederick Handel)

## **March Medley . . .**

Movement Activity—Maintain steady beat by marching in a circle. It is also fun to make pathways on the floor to follow. March big and small. March loud and soft. Marching is a great way to reinforce steady beat.

Hands-on Activity—Maintain steady beat by playing sticks on chairs. The sticks can simply be pencils or cut dowel sticks (12 inches in length). Play all portions of the chair including the floor maintaining steady beat.

Props Activity—Create two flags for each hand using tape, construction paper and a stick. It would be nice to make the flags two different colors. Wave the flats in various directions, always maintaining steady beat. This activity can be combined with the Movement Activity.

We're Marching to Zion (Music by Robert Lowry) . . . Stand Up, Stand Up for Jesus (Music by George J. Webb) . . . Onward Christian Soldiers (Music by Arthur S. Sullivan) . . . Take My Life and Let It Be (Music by Henri Cesar Malan) . . . Lead On, O King Eternal (Music by Henry T. Smart) . . . Standing on the Promises (Music by R. Kelso Carter) . . . All Hail the Power of Jesus' Name (Music by Oliver Holden).

## **Holy Medley . . .**

Movement Activity—Maintain steady beat by using swaying movement. Sway your body or hands or arms. Use flowing movements.

Hands-on Activity—Maintain steady beat by raising and lowering shimmer material. (Shimmer material is material that is very sheer and lightweight and should be approx. 6 to 8 feet in length and 3 to 4 feet wide.) This activity is best accomplished with a partner. Each person holds the material at opposite ends. They then raise and lower the material to the beat. It is fun to have several colors of material and several partners so you can make teams and cross colors.

Props Activity—Create a streamer by using either crepe paper or ribbon. Wave the streamers in circles to the front, sides, and back of your body, always maintaining steady beat. This activity can be combined with the Movement Activity.

Holy, Holy, Holy (Music by John B. Dykes) . . . Fairest Lord Jesus (Music, Folk Melody) . . . I Surrender All (Music by Winfield S. Weedon) . . . It Is Well With My Soul (Music by Phillip P. Bliss) . . . Amazing Grace (Music, Traditional)

## **Mambo Medley . . .**

Movement Activity—Maintain steady beat by rolling arms in front of your body. Roll your arms right then left. Roll your arms high then low. It would be nice to add a step touch movement with your feet. Combine these moves to create a mambo line.

Hands-on Activity—Maintain steady beat by passing cups to the beat. Sit in a circle on the floor and give each person a cup. (Inexpensive plastic cups can be purchased at a local discount store. Pass the cup by placing the open end on the floor in front of the next person. This will create a popping sound (For younger children you may only want to use one cup and all the other children to simply mimic the move.

Props Activity—Create maracas by placing ½ cup of dry beans in an empty plastic soda bottle. Shake the maracas to the right and left of your body, always maintaining a steady beat. This activity can be combined with the Movement Activity.

We've a Story To Tell To the Nations (Music by H. Ernest Nichol) . . . Send the Light (Music by Charles H. Gabriel) . . . In Christ There is No East or West (Music by Alexander R. Reinagle) . . . Since I Have Been Redeemed (Music by Edwin O. Excell) . . . Savior Like a Shepherd Lead Us (Music by William B. Bradbury)

## **Hop Hop Medley . . .**

Movement Activity—Maintain steady beat by clapping hands in front of your body. Clap your hands in circles. Clap them out and in and high and low. You may want to add a step-touch to this activity. It would also be fun to add everyday movements. Pretend to drive a car, swim, jump rope, dig, climb, etc. Just maintain a steady beat.

Hands-on Activity—Maintain steady beat by performing a hand jive. Pat your knees twice, swish left hand over the right hand twice, swish right hand over left twice, pound left fist on right fist twice, pound right fist on left fist twice, right hand pats left elbow twice and left hand pats right elbow twice.

Props Activity—Create Plastic plate tambourines by stapling two platters together with a few dry beans enclosed. It would be great to decorate the tambourines with colorful streamers to make the movement more fun. Maintain steady beat by tapping the tambourine on the opposite hand and other parts of your body. This activity can be combined with the Movement Activity.

Jesus Loves Me (Music by William B. Bradbury) . . . Jesus Loves the little Children (Music by George F. Root) . . . What a Friend We Have in Jesus (Music by Charles C. Converse) . . . Count Your Blessings (Music by Edwin O. Excell) . . . Glory to His Name (Music by John H. Stockton) . . . Peace Like a River (Music: Traditional)

## **World Medley . . .**

Movement Activity—Maintain steady beat by a circle movement. Everyone should hold hands and do the following movement: 4 steps in, 4 steps out, 4 steps right, 4 steps left, raise arms slowly for 8 beats, lower arms slowly for 8 beats, sway right and left.

Hands-on Activity—Maintain steady beat by bouncing a ball to the beat. Form partners and pass the ball to the beat. Finally, form a circle and pass or bounce the ball to various people keeping the steady beat. (For older children, use more than one ball.)

Props Activity—Maintain steady beat by the use of hula-hoops. (This will emphasize the world concept.) Attach ribbons to the hoops and wave them over your head to the beat. You might also like to pass the hoop to the beat. This activity can be combined with the Movement Activity by placing a hoop between each person raising the hoops as you walk into the circle and lowering the hoops as you walk out.

Jesus Is All the World To Me (Music by Will I. Thompson) . . . Redeemed (Music by William J. Kirkpatrick) . . . I Will Sing of My Redeemer (Music by James McGranahan)  
Grace Greater Than All Our Sin (Music by Daniel B. Towner) . . . I Must Tell Jesus  
(Music by Elisha A. Hoffman) . . . O How I Love Jesus (Music: Traditional)

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