

## CREATIVE ARTS GRADE 1 NOTES TERM 1-3.

### **Jumping for Fun!**

#### **What is Jumping?**

Jumping means moving off the ground using your legs. You can jump in different ways: forward, backward, right, or left.

#### **Why is Jumping Important?**

Jumping helps make your body strong and agile. It also helps you move better and have fun!

#### **Ways to Jump:**

1. **Jumping Forward:** Try jumping straight ahead. Imagine you are jumping over a big puddle!
2. **Jumping Backward:** Turn around and jump backward, like you are jumping away from something.
3. **Jumping Right and Left:** Jump to the right side and then to the left side. Pretend you are hopping between two places!

#### **How to Jump Safely:**

- **Look Around:** Make sure the area is clear and safe for jumping.
- **Wear Safe Shoes:** Use shoes that help protect your feet.
- **Land Softly:** Bend your knees a little when you land to avoid hurting yourself.

#### **Fun Activities:**

1. **Jump High:** See how high you can jump. Imagine you are reaching for a balloon in the sky!
2. **Jump Far:** Try jumping as far as you can. Pretend you are jumping from one lily pad to another!

#### **Making Jumping Fun:**

- **Use Objects:** You can use things like ropes or small sticks to jump over. These are your jumping helpers!

- **Sing Songs:** While you jump, sing a happy song. It makes jumping even more fun!

### Practice with Friends:

- **Jump Together:** Practice jumping with your friends. See who can jump the farthest or highest!
- **Share:** Talk about how you jumped and see how your friends are jumping too.

Enjoy your jumping time and remember to always be safe while having fun!

## Rhythm Fun!

### What is Rhythm?

Rhythm is the pattern of beats or sounds in music. It helps us keep track of time when we sing or play music.

### Understanding Beat:

- **Beat:** The beat is like the heartbeat of a song. It helps us keep time. You can think of it as the steady pulse that keeps everything moving.

### Body Percussion:

Body percussion means using parts of your body to make music. Here are some ways you can use your body:

- **Clapping:** Clap your hands together to make a sound.
- **Tapping:** Tap your hands or feet on a surface to make a beat.
- **Snapping:** Snap your fingers to create a sound.

### Activities to Learn Rhythm:

1. **Finding the Beat:**
  - **Listen:** Find objects that make a steady beat, like a ticking clock.
  - **Imitate:** Try to make the same beat with your hands or feet.
2. **Creating a Steady Beat:**
  - **Clap and Sing:** Clap your hands or tap your feet in time with a song while you sing.

- **March and Stomp:** March in place or stomp your feet to keep a steady beat.
- 3. **Body Percussion with Songs:**
  - **Watch and Learn:** Watch performances to see how people use body percussion in their songs.
  - **Explore:** Use your body to make sounds that match the beat of a familiar song. Try clapping, tapping, or snapping along.
- 4. **Making Your Own Rhythm:**
  - **Improvise:** Create your own beats using your body. Try different combinations of clapping, tapping, and snapping.
  - **Record:** Use a digital device to record your rhythms or perform them in front of your friends.

### Why Percussion is Fun:

Percussion instruments and body percussion help make music exciting. They let you create different sounds and rhythms, making every song unique!

## Drawing Fun!

### 1.3 Drawing

**What is Drawing?** Drawing means making pictures on paper or other surfaces using lines and shapes. You can use different kinds of lines to create your drawings.

#### Types of Lines:

1. **Straight Lines:** These are lines that go from one point to another without bending. Imagine the edge of a book.
2. **Wavy Lines:** These lines move up and down like waves in the sea.
3. **Zigzag Lines:** These lines go back and forth in sharp angles, like the shape of lightning.
4. **Curved Lines:** These lines bend smoothly, like the shape of a rainbow.

#### Activities to Learn Drawing:

1. **Finding Lines:**
  - **Look Around:** Find different lines in your classroom or at home, like the edges of tables (straight) or the pattern on a curtain (wavy).
2. **Drawing Lines:**

- **Try Different Lines:** Practice drawing straight, wavy, zigzag, and curved lines on paper.
  - **Draw Patterns:** Use these lines to make fun patterns and designs.
3. **Creating Pictures:**
- **Use Lines and Shapes:** Draw simple pictures using different lines and shapes. For example, make a picture of a house using straight lines for the walls and a triangle for the roof.
4. **Sharing and Talking:**
- **Show Your Work:** Share your drawings with friends and talk about what you made. You can also look at their drawings and give each other feedback.
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## Stretching Fun!

### 1.4 Stretching

**What is Stretching?** Stretching means moving your body in different ways to help your muscles stay flexible and strong.

#### Stretching Directions:

1. **Sideways:** Stretch your arms out to the sides like a flying bird.
2. **Forward:** Reach forward with your hands as if trying to touch something far away.
3. **Backwards:** Bend backward gently to stretch your back.
4. **Upwards:** Reach your hands up to the sky, stretching your whole body.

#### Stretching Positions:

1. **Standing:** Stretch while you are standing up.
2. **Sitting:** Stretch while you sit on the floor.
3. **Kneeling:** Stretch while on your knees.
4. **Lying:** Stretch while lying on your back or stomach.

#### Activities to Learn Stretching:

1. **Learn About Body Parts:**
  - **Talk About It:** Discuss which parts of your body you use when stretching, like your arms, legs, and back.

## 2. Practice Stretching:

- **Try Different Directions:** Stretch in all the directions mentioned and see how it feels.
- **Try Different Positions:** Stretch while standing, sitting, kneeling, and lying down.

## 3. Play and Sing:

- **Stretching Games:** Play games that involve stretching and moving around safely.
- **Action Songs:** Sing songs about body parts while stretching to make it more fun.

## 4. Record and Review:

- **Record Yourself:** Use a camera to record your stretching exercises and watch them to see how you can improve.
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## Painting and Colouring Fun!

### 1.5 Painting and Colouring

**What is Painting?** Painting means using colors to make pictures on paper or fabric. You can use different tools and materials to paint.

#### Materials for Painting:

1. **Paper and Fabrics:** Use these surfaces to paint on.
2. **Paints:** Use colors to make your pictures bright and beautiful.
3. **Water:** Mix with paints to make them easier to use.
4. **Tools:**
  - **Crayons:** Color with crayons to add color to your pictures.
  - **Brushes:** Use brushes to apply paint on paper or fabric.
  - **Sponges:** Use sponges to paint in fun and different ways.

#### Activities to Learn Painting:

1. **Find Materials:**
  - **Look Around:** Identify what materials you can use for painting, like paper, crayons, and brushes.
2. **Colouring:**
  - **Use Crayons:** Colour pictures using crayons to match the colors you see in the environment.

### 3. **Painting with Tools:**

- **Brushes:** Mix paint and use brushes to paint shapes on paper.
- **Fingers:** Paint with your fingers on paper or fabric for a fun, messy activity.
- **Sponges:** Use sponges to make interesting patterns and shapes.

### 4. **Sharing and Displaying:**

- **Show Your Art:** Display your paintings and talk about them with your friends. Share what you enjoyed and learned from painting.

Enjoy drawing, stretching, and painting!

## **Melody Fun!**

### **1.6 Melody**

**What is Melody?** Melody is a series of musical notes that are sung or played one after another to create a tune. It's what makes a song sound nice!

### **Understanding Melodic Sounds:**

1. **Melodic Sounds:** These are pleasant and tuneful sounds you can sing or play. Think of the notes in your favorite song.
2. **Non-Melodic Sounds:** These are sounds that don't follow a tune, like a drum beat or a doorbell.

### **Activities to Learn Melody:**

1. **Identifying Sounds:**
    - **Listen:** Pay attention to different sounds and figure out which ones are melodic and which are not.
  2. **Recognizing Melodic Passages:**
    - **Compare Melodies:** Listen to short melodies and recognize the parts that are the same (like) or different (unlike).
  3. **Echoing Melodic Patterns:**
    - **Sing or Hum:** Listen to a simple melody and then try to sing or hum it back. This helps you practice and improve your listening skills.
  4. **Enjoying Melodies:**
    - **Replicate and Enjoy:** Try to copy melodic patterns you hear and have fun with it!
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## Pattern Making Fun!

### 1.7 Pattern Making

**What is a Pattern?** A pattern is a repeating sequence of things, like shapes, colors, or numbers. Patterns help us predict what comes next!

#### Types of Patterns:

1. **Numeral Patterns:** Patterns made with numbers, like 1, 2, 1, 2, 1, 2.
2. **Letter Patterns:** Patterns made with letters, like A, B, A, B, A, B.

#### Activities to Learn Patterns:

1. **Recognizing Patterns:**
  - **Find Patterns:** Look for patterns around you, like stripes on a shirt or a sequence of numbers in a game.
2. **Creating Letter Patterns:**
  - **Make Patterns:** Use letters to create your own patterns. For example, A, B, C, A, B, C.
3. **Making Numeral Patterns:**
  - **Create Number Sequences:** Use numbers to make patterns, like 1, 2, 3, 1, 2, 3.
4. **Enjoying Patterns:**
  - **Express Yourself:** Have fun making and discovering new patterns. It's like solving a puzzle with numbers and letters!

Enjoy exploring melodies and patterns while making music and solving fun puzzles!

## Singing Games-Kenyan Style

### 2.1 Singing Games

**What are Singing Games?** Singing games are activities where you sing songs while playing games. They can be lots of fun and help you learn about different cultures.

#### Props and Performance:

1. **Props:** Items used during the game, like sticks, balls, or scarves. They help make the game more interesting.
2. **Improvising Props:** You can make your own props using things you find at home or school, like using a rolled-up paper for a baton.

### Activities to Learn Singing Games:

1. **Identifying Props:**
    - **Look Around:** Find out what kinds of props are used in singing games from Kenyan communities.
  2. **Improvising Props:**
    - **Create Your Own:** Make simple props from materials you have, like using a cloth as a scarf or a small box as a drum.
  3. **Performing Singing Games:**
    - **Learn Local Songs:** Participate in singing games from Kenyan cultures. Follow the patterns and use props to make the game more fun.
  4. **Enjoying the Game:**
    - **Have Fun:** Enjoy playing singing games, and appreciate how they bring people together through music and fun!
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## Throwing and Catching

### 2.2 Throwing and Catching

**What is Throwing and Catching?** Throwing and catching are skills used in many games and sports. They involve tossing an object and trying to catch it.

#### Improvising a Ball:

1. **Materials:** Look for materials like old socks, plastic bags, or paper to make your own ball.
2. **Creating a Ball:** Use these materials to create a ball that you can use for throwing and catching.

#### Activities to Learn Throwing and Catching:

1. **Identifying Materials:**

- **Find Out:** Discover what materials can be used to make a ball for throwing and catching.
- 2. **Improvising a Ball:**
  - **Make Your Own:** Use locally available materials to create a ball. For example, you can stuff an old sock with other socks to make a soft ball.
- 3. **Performing Activities:**
  - **Practice Skills:** Try throwing the ball to a friend and catching it. Work on aiming and catching to improve your skills.
- 4. **Appreciating Efforts:**
  - **Encourage Each Other:** Praise your friends for their throwing and catching skills, and share tips on how to get better.

Enjoy learning and practicing these skills while having fun with your friends!

## **Paper Craft Fun!**

### **2.3 Paper Craft**

**What is Paper Craft?** Paper craft means making things out of paper. You can create many fun items by using different techniques with paper.

#### **Types of Paper Craft Techniques:**

1. **Pleating Technique:**
  - **What is Pleating?** Pleating is folding paper in a zigzag pattern.
  - **Making Items:** You can create paper animals or fans by pleating paper.
2. **Folding Technique:**
  - **What is Folding?** Folding is bending paper to make different shapes.
  - **Making Toys:** Fold paper to create toy items like boats or planes.

#### **Activities to Learn Paper Craft:**

1. **Look at Paper Craft Items:**
  - **Observe:** Check out pictures of paper crafts to see what you can make.
2. **Collect and Craft:**
  - **Gather Papers:** Collect different types of paper, like colored or textured ones.

- **Create Toys:** Use pleating and folding techniques to make your own paper toys.
3. **Play and Share:**
- **Play:** Use your paper crafts to play and have fun.
  - **Talk About It:** Share what you made with your friends and explain how you created it.
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## Log Roll and T-Balance

### 2.4 Log Roll and T-Balance

**What are Log Roll and T-Balance?** These are fun exercises that help improve your coordination and flexibility.

#### Log Roll:

1. **What is a Log Roll?** Rolling your body like a log on the ground.
2. **How to Practice:** Try rolling in different directions to practice coordination.

#### T-Balance:

1. **What is T-Balance?** Balancing your body in a T-shape, standing on one foot with arms outstretched.
2. **How to Practice:** Hold your arms out and balance on one foot to improve flexibility.

#### Activities to Learn Log Roll and T-Balance:

1. **Practice Moves:**
  - **Log Roll:** Roll on the ground and try to stay straight.
  - **T-Balance:** Stand on one foot with your arms out and hold the balance.
2. **Making Markers:**
  - **Create Markers:** Make markers to use during practice. For example, use cones or small objects to mark your practice area.
3. **Enjoy the Exercises:**
  - **Have Fun:** Enjoy doing log rolls and T-balances. Appreciate how these activities help you stay fit and flexible.

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## Songs and Performance

### 2.5 Songs

**What are Action Songs?** Action songs are songs where you sing and do actions at the same time. They can be very fun and exciting!

#### Performance Techniques:

- 1. Accuracy of Tune and Rhythm:**
  - **Tune:** Sing the song correctly to match the tune.
  - **Rhythm:** Follow the rhythm of the song.
- 2. Clarity of Words:**
  - **Speak Clearly:** Make sure everyone can hear and understand the words you sing.
- 3. Actions, Gestures, and Facial Expressions:**
  - **Actions:** Do movements that match the song's words.
  - **Gestures:** Use hand movements to make the song more lively.
  - **Facial Expressions:** Show feelings with your face while you sing.

#### Activities to Learn Songs and Performance:

- 1. Understand the Message:**
  - **Describe:** Talk about what the song is about and what it means.
- 2. Sing in Unison:**
  - **Sing Together:** Practice singing with your class, making sure to follow the tune and rhythm.
- 3. Enjoy Singing:**
  - **Express Yourself:** Have fun singing and using actions to express yourself through the song.

Enjoy making paper crafts, practicing log rolls and T-balances, and singing action songs with your friends!

## Modelling Fun!

### 2.6 Modelling

**What is Modelling?** Modelling is creating shapes and items from materials using different techniques. The pinch method is one way to do this.

### **Pinch Method:**

1. **What is Pinch Method?** Pinching involves using your fingers to squeeze and shape materials like clay or dough.
2. **Making Items:** Create shapes and figures by pinching and molding the material.

### **Activities to Learn Modelling:**

1. **Identify Pinched Items:**
    - **Look Around:** Find examples of items made using the pinch method. These could be small sculptures or decorations.
  2. **Materials and Tools:**
    - **Gather Tools:** Use materials like clay or dough and tools like spoons or spatulas for pinching and shaping.
  3. **Model with Pinch Method:**
    - **Create Shapes:** Practice pinching the material to make different shapes and figures.
  4. **Appreciate the Technique:**
    - **Understand Pinching:** Enjoy the process of pinching and see how it helps in creating beautiful models.
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## **Percussion Musical Instruments Fun!**

### **2.7 Percussion Musical Instruments**

**What are Percussion Instruments?** Percussion instruments are musical tools you play by shaking, hitting, or scraping them to make sounds. Examples include shakers, jingles, and drums.

### **Types of Percussion Instruments:**

1. **Shakers:**
  - **What is a Shaker?** A shaker is an instrument you shake to make sound. It often has small beads inside that move around.
2. **Jingles:**

- **What are Jingles?** Jingles are instruments with small metal discs that jingle when shaken.
- 3. **Drums:**
  - **What is a Drum?** A drum is an instrument you hit with sticks or your hands to make a beat.

### **Activities to Learn Percussion Instruments:**

1. **Identify Percussion Instruments:**
  - **Explore:** Find out about different percussion instruments from Kenyan communities.
2. **Improvising a Shaker:**
  - **Create Your Own:** Make a shaker using materials like a small bottle and beads or rice.
3. **Playing Techniques:**
  - **Shaking, Hitting, scraping:** Practice playing your shaker by shaking it, or hitting and scraping different surfaces to see how they sound.
4. **Enjoy and Appreciate:**
  - **Have Fun:** Play with your improvised instruments and enjoy the sounds you can create.
  - **Learn About Cultures:** Appreciate how different Kenyan communities use percussion instruments in their music.

Enjoy exploring modelling and percussion instruments as you create and make music!

## **Musical Sounds**

### **3.1 Musical Sounds**

**What Are Musical Sounds?** Musical sounds come from different sources and have different qualities that make them unique. They help us understand and enjoy music better.

#### **Exploring Sounds:**

1. **Sources of Sound:**
  - **Birds:** Chirping or singing.
  - **Animals:** Barking, meowing, or roaring.
  - **Humans:** Talking, singing, or clapping.
  - **Objects:** Bells ringing, doors creaking.

## 2. Elements of Music:

- **Volume:** How loud or soft a sound is. For example, a drum can be loud, while a whisper is soft.
- **Speed:** How fast or slow the sound happens. For example, a fast song or a slow lullaby.
- **Pitch:** How high or low the sound is. For example, a high-pitched whistle or a low-pitched drum.

## 3. Mood of Song:

- **Mood:** The feeling or emotion a song gives. For example, a happy song might make you feel joyful, while a sad song might make you feel calm.

## Activities to Learn Musical Sounds:

### 1. Identify Local Sounds:

- **Listen Around:** Notice and identify different sounds in your environment, like birds chirping or a car honking.

### 2. Describe Music Elements:

- **Discuss:** Talk about how volume, speed, and pitch are used in your favorite songs to make them interesting.

### 3. Respond to Sounds:

- **Express Yourself:** React to different sounds with your own feelings or movements.

### 4. Describe Song Moods:

- **Talk About Feelings:** Describe how songs make you feel and why.

### 5. Enjoy Music:

- **Listen and Share:** Enjoy listening to music and share your thoughts about different songs with others.

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## Water Safety Awareness

### 3.2 Water Safety Awareness

**What is Water Safety?** Water safety means being careful around water to avoid accidents and stay safe.

#### Understanding Water Dangers:

##### 1. Water Points:

- **Different Locations:** Identify where water is found around your home, like in the sink, bathtub, or outdoor pools.
- 2. **Water Dangers:**
  - **Drowning:** Falling into water and not being able to get out.
  - **Injuries:** Getting hurt by sharp objects or slipping around water.
  - **Death:** Serious accidents that can happen if water safety rules are not followed.
- 3. **Making a Montage:**
  - **Create a Montage:** Make a collage of pictures showing different water points around your home.
- 4. **Applying Safety:**
  - **Safety Tips:** Learn and talk about ways to stay safe around water, like never swimming alone or making sure adults are always supervising.
- 5. **Appreciate Safety:**
  - **Understand Importance:** Recognize why water safety is important and how it helps keep you and others safe.

Enjoy learning about musical sounds and staying safe around water!