



The Quarter Note

one

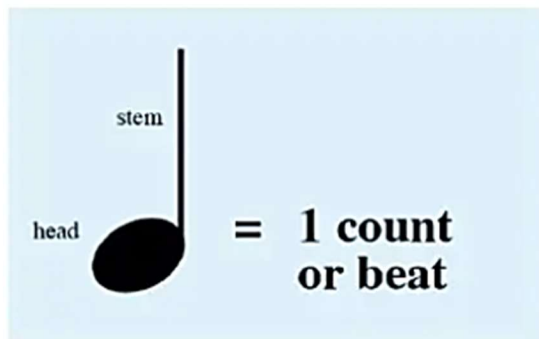
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Music, like your body, has a steady “heartbeat.”

The **beat** can be slow, medium, or fast, but must always be **steady**.



1. Tap and count aloud:



2. Play four quarter notes on any key. Count aloud.
Counting with a steady beat gives us **RHYTHM**.

If your teacher has a metronome, tap ♩ notes to its steady beat.



3. Draw 3 quarter notes for the **right hand**.
The stem goes up on the right side.

Write a **1** below each note.



Ex. 1 count ___ count ___ count ___ count

4. Draw 3 quarter notes for the **left hand**.
The stem goes down on the left side.

Write a **1** below each note.



Ex. 1 count ___ count ___ count ___ count

