

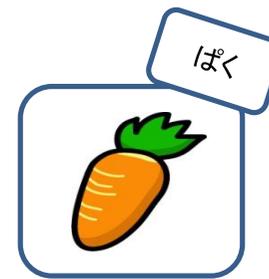
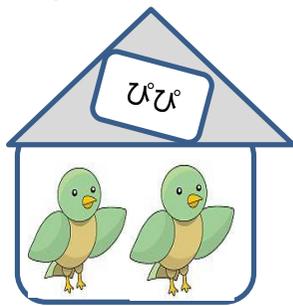
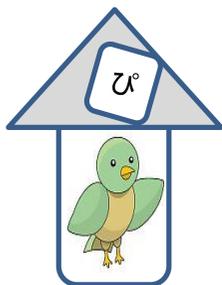
リズムトレーニング



おんぶの なかまたちだよ！



$\frac{2}{4}$ $\frac{3}{4}$ $\frac{4}{4}$ バージョン

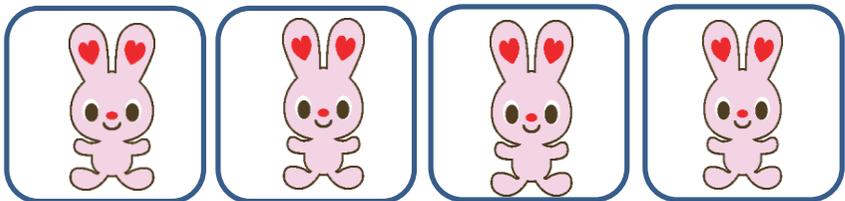


★メトロノームに合わせて、とんでみよう。
★テンポ「J=60」は時計の秒針とおなじ はやさだよ。
★自分でテンポを きめてね。J=() J=()

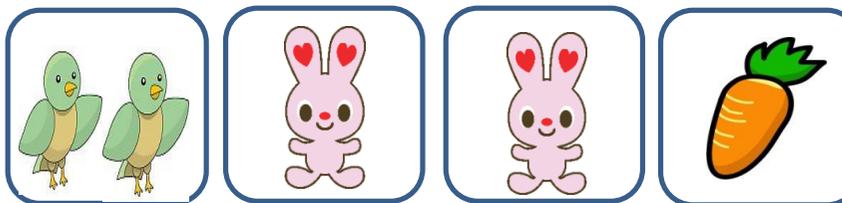
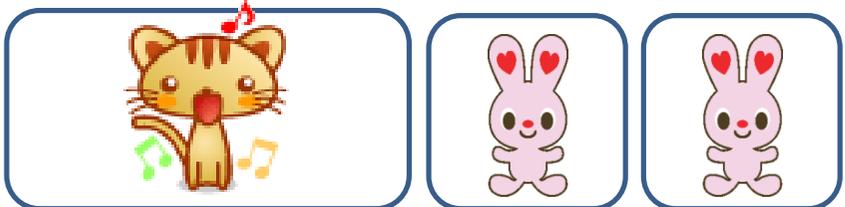


★つぎは ピアノの音を ならしてね。どの音でもいいよ！

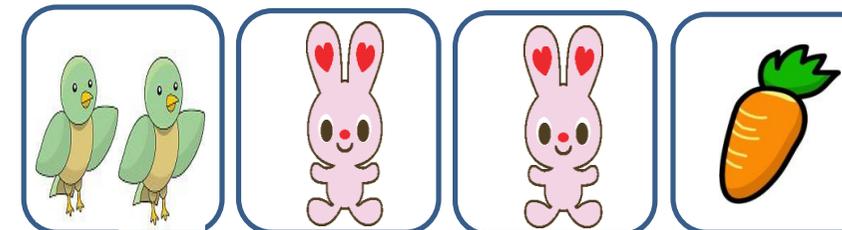
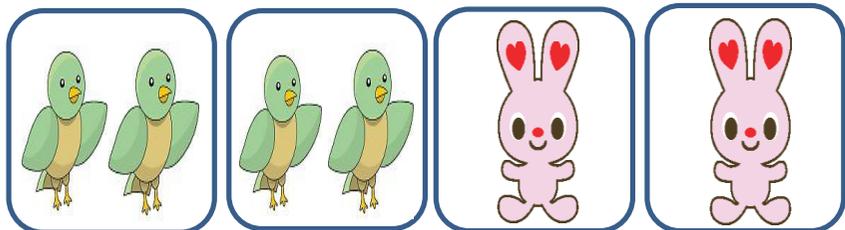
1



2

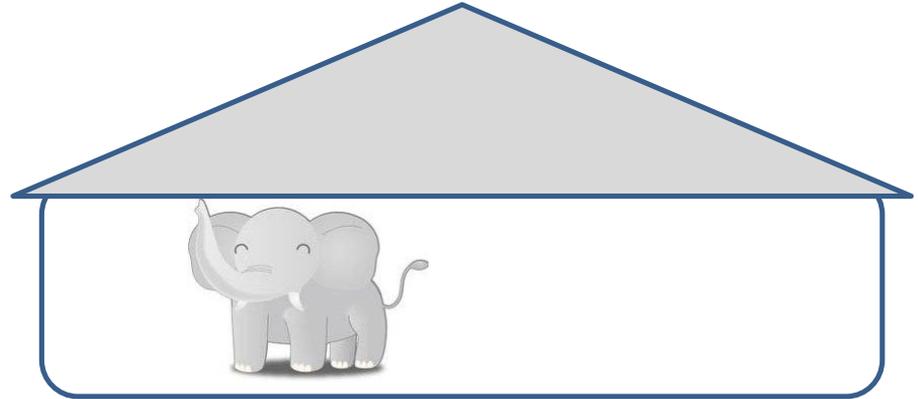
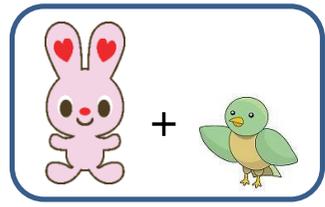


3





あたらしい なかまたちだよ！



↓

ぴぴぴ

↓

たーあーあ

↓

たーあーあーあ



メトロノーム♩=80にあわせて、手をたたきながら言ってみよう！

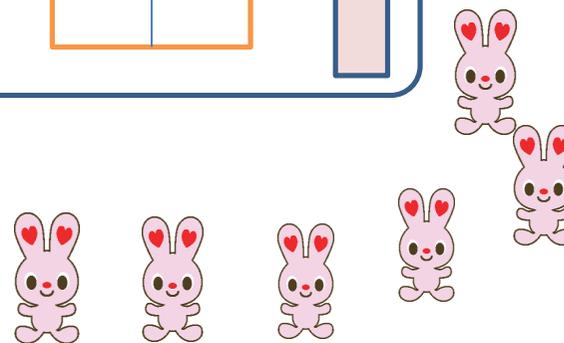
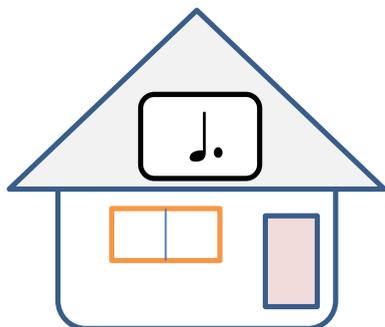
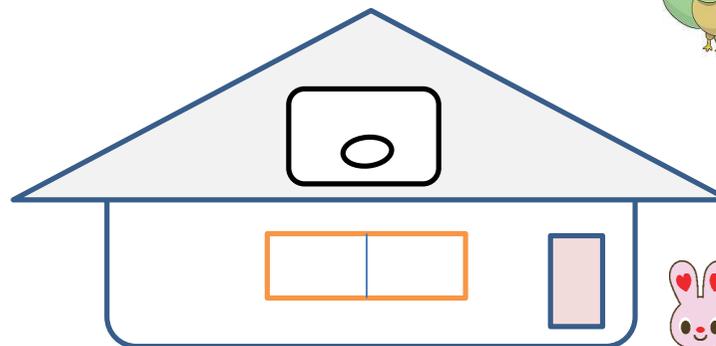
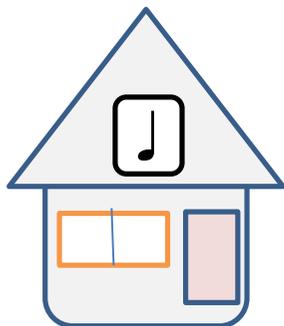
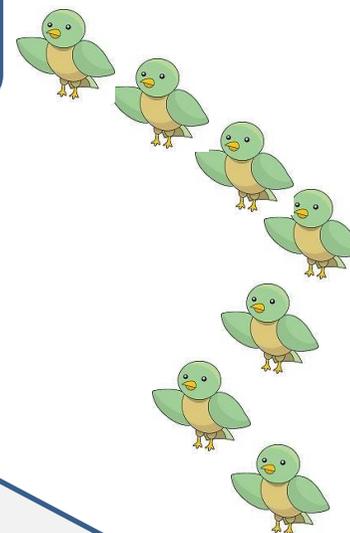
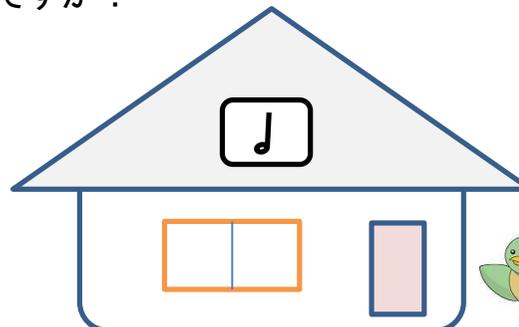
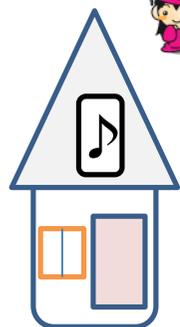


つぎは ピアノの音を ならしてね。どの音でもいいよ！

1							
2							
3							

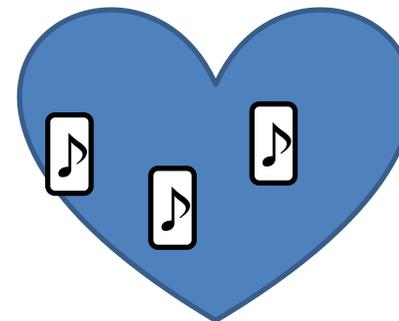
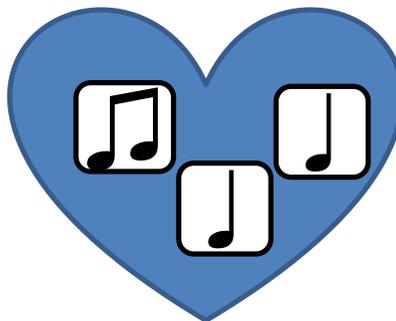
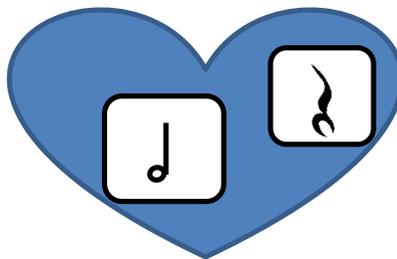
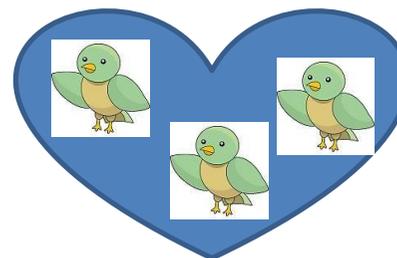
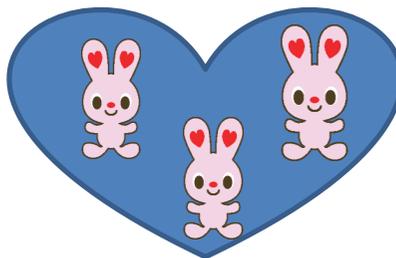
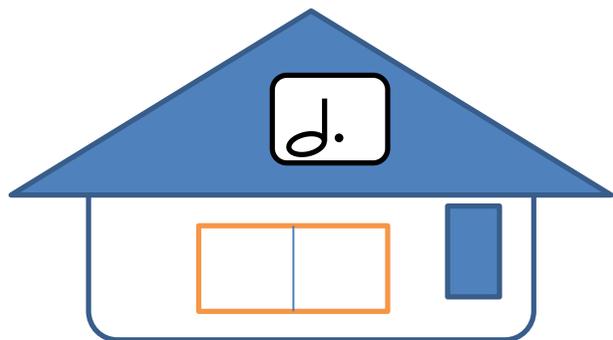
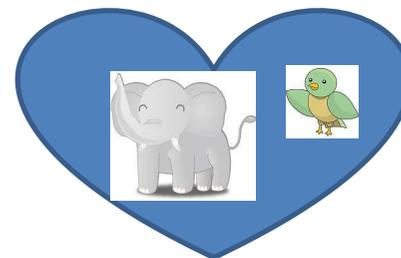
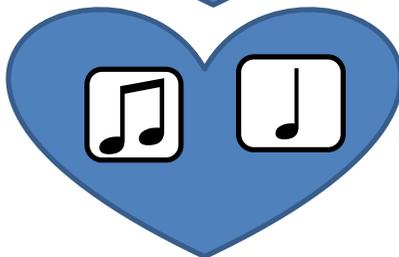
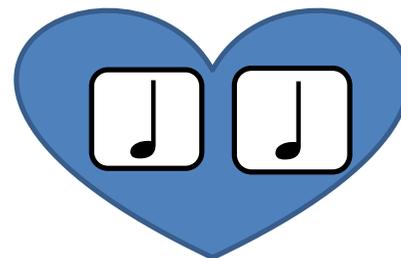
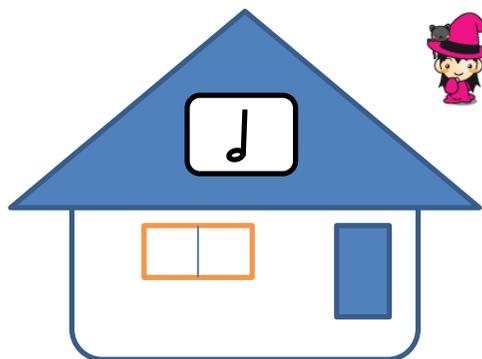


それぞれのおうちの中に 入れるのは なんわですか？
入れる数だけ まるをつけましょう。





おうちの中に入れるのは、どのチームかな？





★メトロノーム♩=80にあわせて、リズムを言いながらカードの上を指で歩きましょう！

★今度は、あなたが決めたテンポでやってみてね。♩=()



★リズムを言いながら、ピアノの音を鳴らしてね。どの音でもいいよ！

スタート →              

スタート →              

スタート →            

スタート →                

スタート →            



★ひとつのお部屋に、うさぎちゃんが4ひきずつ入るように、線で区切りましょう。



★ねこちゃんは、うさぎちゃん2ひき分です。



★ことり2わでうさぎちゃん1ひき分です。

★にんじん1本も、うさぎちゃん1ひき分です。



$\frac{4}{4}$ (4ぶんの4びょうし) : ひとつのお部屋の中に、♪(4ぶおんぷ)が4こぶん入っています。縦線で区切りましょう。



$\frac{2}{}$


★ひとつのお部屋に、うさぎちゃんが4ひきずつ入るように、線で区切りましょう。

 $\frac{4}{}$

 $\frac{4}{4}$

 $\frac{4}{4}$

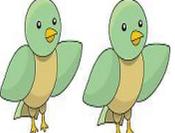
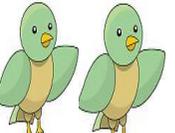
 $\frac{3}{4}$

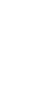



★カードを左右の指で おさえながらながら どうじにすすみましょう。

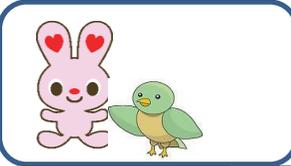
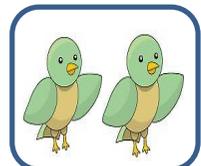


★次は、みぎのゆびで「ソ」を、ひだりのゆびで「ド」を ならしましょう。

みぎのゆび								
ひだりのゆび								

みぎのゆび								
ひだりのゆび								

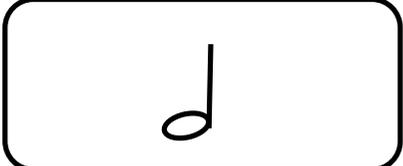
みぎのゆび

						
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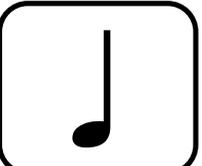
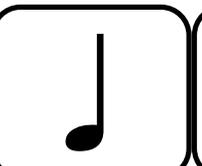
ひだりのゆび

							
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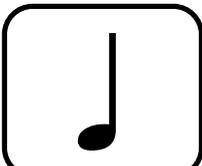
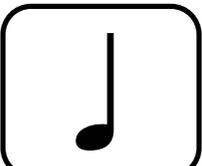
みぎのゆび

						
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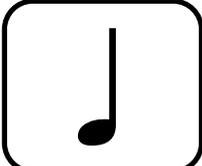
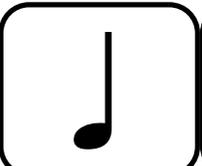
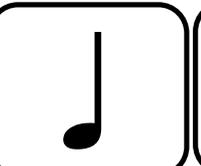
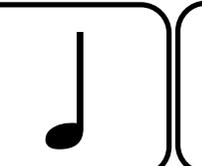
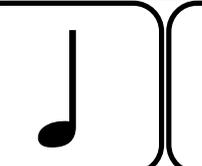
ひだりのゆび

							
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みぎのゆび

					
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ひだりのゆび

							
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みぎのゆび

ひだりのゆび

This illustration shows two rows of boxes for a finger exercise. The top row, labeled 'みぎのゆび' (right hand), contains eight boxes, each with a pink rabbit. The bottom row, labeled 'ひだりのゆび' (left hand), contains six boxes: two with two green birds, one with a pink rabbit, two with two green birds, and two with a yellow cat playing a red instrument. The last two boxes in the bottom row are wider than the others, suggesting they contain a longer sequence of notes.

みぎのゆび

ひだりのゆび

This illustration shows two rows of boxes for a finger exercise with musical notes. The top row, labeled 'みぎのゆび', contains eight boxes, each with a single eighth note. The bottom row, labeled 'ひだりのゆび', contains six boxes: two with eighth notes beamed together, one with a single eighth note, one with a whole note, and one with a whole note. The last two boxes are wider than the others.

みぎのゆび

ひだりのゆび

This illustration shows two rows of boxes for a finger exercise with musical notes. The top row, labeled 'みぎのゆび', contains eight boxes with notes: eighth note, eighth note with a flag, eighth note, eighth note with a flag, eighth note, eighth note with a flag, eighth note, and eighth note with a flag. The bottom row, labeled 'ひだりのゆび', contains eight boxes, each with a pair of eighth notes beamed together.