

Rhythm Builders Process Journal

Music Explorations • Grade 8 • Unit 06 • 2026–27

First meeting Tue Nov 03 2026 • Last meeting Fri Nov 13 2026

Name	Class / period

Show musical thinking through labeled diagrams, grids, notation, and short explanations. This journal supports orchestra, band, and choir; everyone can use the supplied class examples.

Use paper and pencil, or type in the answer cells in Google Docs. For staff sketches, use a printed page or a clearly labeled pitch and duration grid approved by your teacher. You may turn paper evidence in directly; a photo is optional. No instruments, Noteflight, recording, or home equipment are required.

Show your learning with actual musical evidence

First attempt	Correction / revision	Next action

Use a note, bar, diagram, or marked excerpt; add a short explanation.

My unit product

A rhythm toolkit with counted notes/rests, equal-duration exchanges, and four accurate measures in 4/4.

Keep your first attempt. Make corrections in another color, or label them “before” and “after.” Quiet voice/tapping can help; silent tracing is also available. Listening lessons use teacher demonstrations or class audio.

Core first, then extend

Grade 8: attempt the core with fewer labels, explain your choices, then use the extension when ready. Your experience, not grade alone, determines the next challenge.

Lesson 1 Separate beat rhythm and tempo

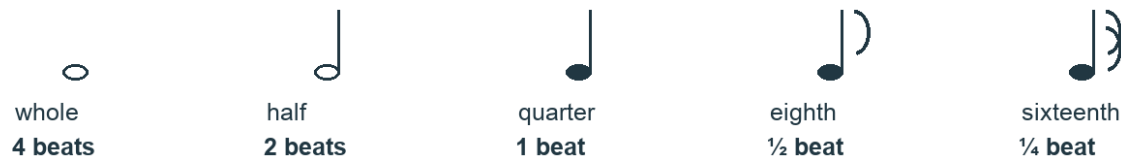
Tue Nov 03 2026 • 45 minutes

Do Now Trace four equally spaced beats. Add the word “hello” with two sounds on the first beat.

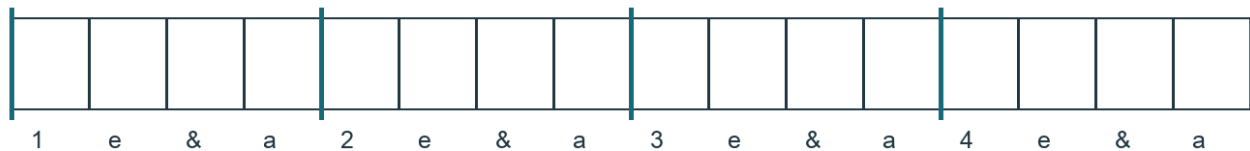
My first answer or sketch

Model to notice Beat is the steady pulse; rhythm places sounds and silences against it; tempo is pulse speed. In 4/4 a quarter note normally gets one beat. A whole note lasts four; a half two; a quarter one.

Duration ladder when a quarter note receives one beat



Four beats divided into sixteen equal cells • count 1 e & a



Try it Make a duration ladder: one whole = two halves = four quarters. Tap or trace a four-beat pulse while speaking a different rhythm. Label beat, rhythm, and tempo in an example.

1	2	3	4	5	6	7	8

Type a pitch / duration, syllable / hold, count, or rest in each cell; label the beat grouping.

Before I leave How can the rhythm change while the beat stays steady?

My checkpoint response

Extension when ready: Create a new example using this lesson's skill and explain one musical choice.

Lesson 2 Count rests and measures

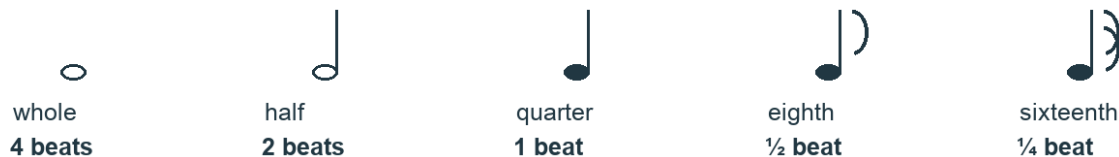
Thu Nov 05 2026 • 45 minutes

Do Now Complete four beats: half note + quarter note + ____.

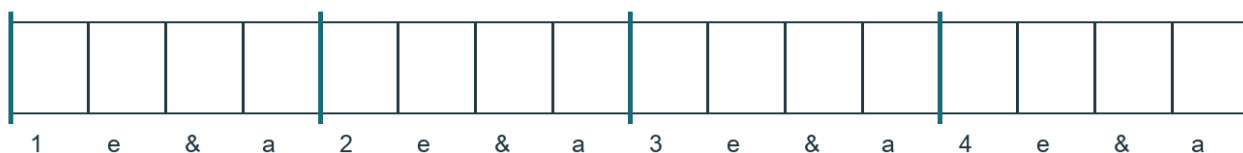
My first answer or sketch

Model to notice A rest lasts for a measured duration. Bar lines group time; a time signature sets a recurring meter. In 4/4, four quarter-note beats fill a measure. Whole/half rests are drawn differently; use their function and position.

Duration ladder when a quarter note receives one beat



Four beats divided into sixteen equal cells • count 1 e & a



Try it Build four measures using whole, half, and quarter notes/rests. Write beat numbers underneath. Trade a half note for two quarter notes without changing the measure length.

1	2	3	4	5	6	7	8

Type a pitch / duration, syllable / hold, count, or rest in each cell; label the beat grouping.

Before I leave Repair a 4/4 bar containing half + half + quarter.

My checkpoint response

Extension when ready: Create a new example using this lesson's skill and explain one musical choice.

Lesson 3 Divide the beat into eighths

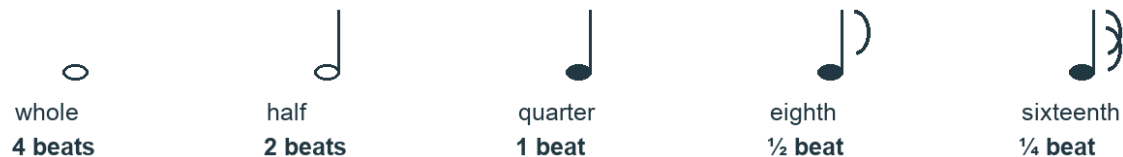
Mon Nov 09 2026 • 45 minutes

Do Now How many quarter-note beats are in two half notes in 4/4?

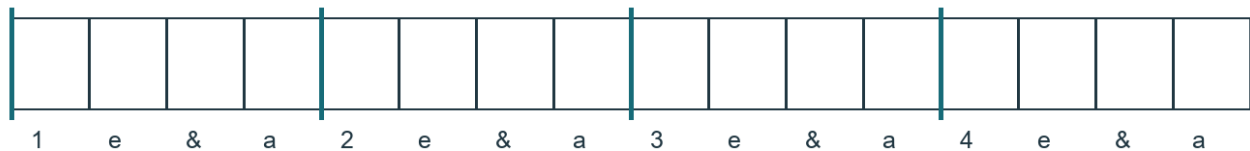
My first answer or sketch

Model to notice Two eighth notes equal one quarter. Count even eighths 1 & 2 & 3 & 4 &. An eighth rest can silence one half of a beat. Beams group notes visually and do not change duration.

Duration ladder when a quarter note receives one beat



Four beats divided into sixteen equal cells • count 1 e & a



Try it Divide each beat box in half. Write four bars mixing quarters, paired eighths, and eighth rests. Mark the exact starting subdivision of every sound. Read a partner's pattern.

1	2	3	4	5	6	7	8

Type a pitch / duration, syllable / hold, count, or rest in each cell; label the beat grouping.

Before I leave How many eighth notes fill 4/4, and where does "&" fall?

My checkpoint response

Extension when ready: Create a new example using this lesson's skill and explain one musical choice.

Lesson 4 Divide the beat into sixteenths

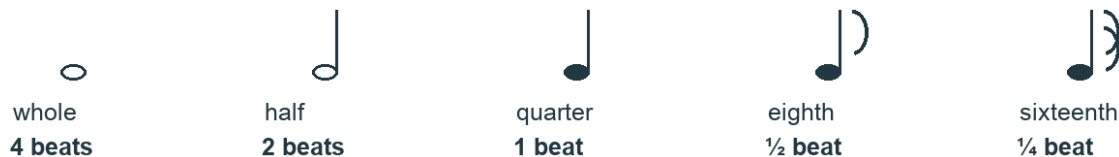
Wed Nov 11 2026 • 45 minutes

Do Now Count one beat containing two eighth notes; then divide each half again.

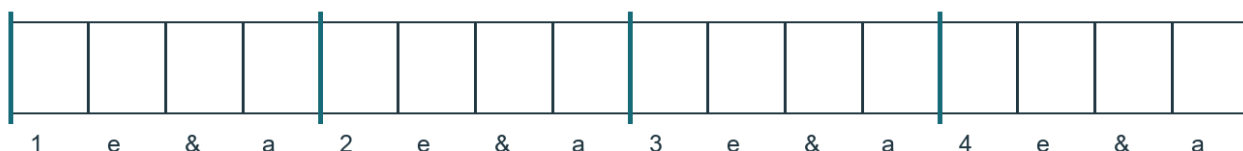
My first answer or sketch

Model to notice Four sixteenths equal a quarter; two equal an eighth. Count 1 e & a without speeding the pulse. A sixteenth rest occupies one subdivision. Thirty-seconds divide a quarter into eight; recognize them as an extension.

Duration ladder when a quarter note receives one beat



Four beats divided into sixteen equal cells • count 1 e & a



Try it Use sixteen small boxes for one 4/4 bar. Make quarter, eighth, and sixteenth combinations including one silence. Group by beat and total the subdivisions.

1	2	3	4	5	6	7	8

Type a pitch / duration, syllable / hold, count, or rest in each cell; label the beat grouping.

Before I leave Exchange two eighth notes for an equal duration of sixteenths.

My checkpoint response

Extension when ready: Recognize a thirty-second note/rest and show eight equal parts of one quarter beat; unusual tuplets are optional enrichment.

Lesson 5 Hear and notate a short rhythm

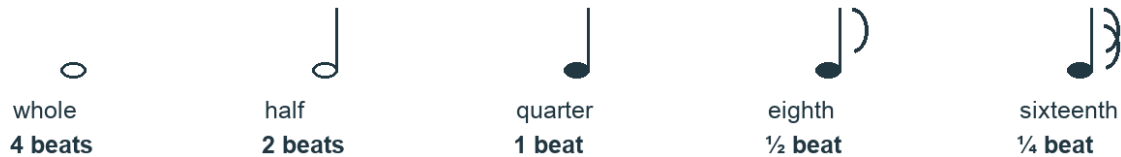
Fri Nov 13 2026 • 45 minutes

Do Now Fix a 4/4 bar: quarter + two eighths + four sixteenths + half.

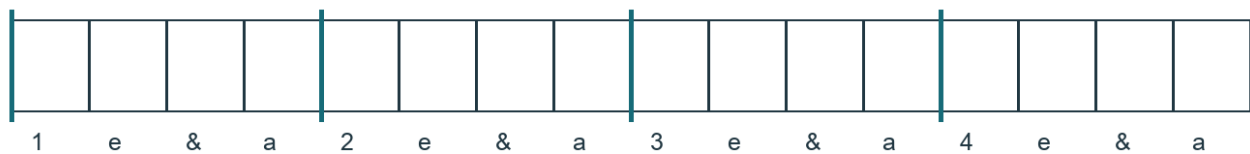
My first answer or sketch

Model to notice Teacher claps two bars twice: bar 1 quarter, two eighths, quarter rest, quarter; bar 2 half, four sixteenths, quarter. Keep the pulse and locate sounds before choosing symbols. Show the answer only after a first attempt.

Duration ladder when a quarter note receives one beat



Four beats divided into sixteen equal cells • count 1 e & a



Try it Notate the teacher's two-bar pattern. Compare and correct in a second color. Create two contrasting 4/4 bars that include a rest and at least two note values. Test them by counting or tracing.

1	2	3	4	5	6	7	8

Type a pitch / duration, syllable / hold, count, or rest in each cell; label the beat grouping.

Before I leave Submit the toolkit and four counted bars; mark a corrected mistake.

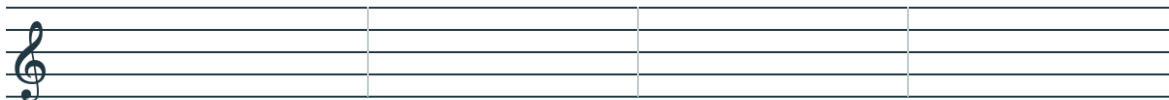
My checkpoint response

Extension when ready: Create a third dictation with an eighth rest on a downbeat and exchange it with a partner.

Music Sketch Workspace

Draw in your chosen clef, or use the labeled pitch / duration cells below. Add meter, bar totals, and expression. Use additional paper when your musical idea needs it.

Treble clef

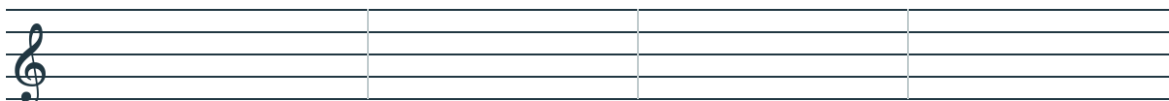


Bass clef

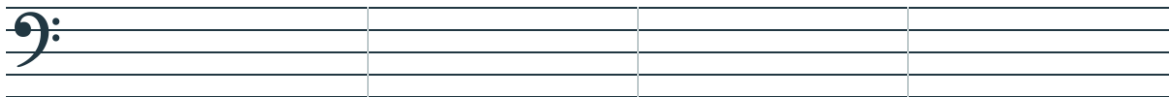


Write pitch names / rhythms below, or draw your notes on a printed copy.

Treble clef



Bass clef



Write pitch names / rhythms below, or draw your notes on a printed copy.

Bar	Pitches and durations	Expression / words
1		
2		
3		
4		
5		
6		
7		
8		

Review My Learning

Show your learning with actual musical evidence

First attempt	Correction / revision	Next action
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Use a note, bar, diagram, or marked excerpt; add a short explanation.

My evidence	What changed	Why it is clearer or more accurate
Reading / pitch		
Rhythm / counting		
Listening / expression / creation		

My ensemble connection

Orchestra band choir or the class example	One specific skill I can transfer

My next practice action

Skill	Two minute action	How I will check it

Submission check: labeled visual practice; the unit product; specific corrections/revisions; one transfer connection. The baseline is ungraded. Use the same Google Classroom assignment and retain earlier work.