



# The Quarter Note

one

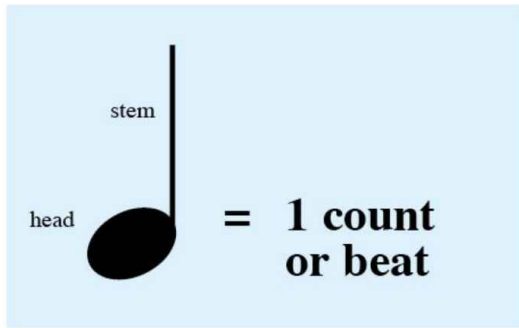
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Music, like your body, has a steady “heartbeat.”

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



1. Tap and count aloud:

or **1** **1** **1** **1**  
 or **Ta** **Ta** **Ta** **Ta**

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.    

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.    

Ex.   1   count         count         count         count