

Using Orff Teaching Method for Rhythm Practice for Grade One in Suzhou Foreign Language School, Jiangsu Province, China

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Abstract

The research purposes of this article were (1) to study the Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school. (2) To survey the use of Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school. This study adopts qualitative research method. Through interviews with experts and observations of students and teachers in the class. The population was 100 first-year students of Suzhou Foreign Language School. Sampling in this study adopts the systematic random sampling method, 25 students from a class of Grade one were selected.

The research findings were (1) Orff teaching method has a positive impact on the teaching results of first-grade primary school class. (2) Orff teaching method helps to improve children's rhythm ability.

Keywords: Orff teaching method; Orff sound gesture; Orff music games; Orff instruments; sense of rhythm; Primary school music education.

Introduction

Orff teaching method has a great influence in the field of music education in the world today. It has the advantages of original nature, local nature, participation, comprehensiveness, improvisation and creativity, which can create active music teaching classroom and improve the teaching quality of the classroom. Orff teaching method focuses on rhythm, has a variety of artistic expression forms, combines music, dance, performance, etc., thus forming a comprehensive art teaching way. It takes brand-new music education and anti-traditional teaching concepts and teaching methods as the main core (Liu, 2018). Orff teaching method uses music as a vehicle for children's learning, promoting their intellectual, emotional, physical and social development. Through music creation, performance and other activities, children can explore their potential through a variety of art forms in a pleasant atmosphere, cultivate their interest in music and hobbies, and improve their perception and expression ability. At the same time, the use of rhythm, physical expression and other forms, through visual, auditory, kinesthetic experience, so that children in the physical participation in the understanding and grasp the rhythm, melody, harmony and other basic elements of music. This can not only learn music, but also improve children's thinking skills, creativity and hands-on skills (Wang, 2020). Orff believes that "primitive music" is the most instinctive music of human beings, which is the natural, direct and improvisational revelation of human instincts. The original "rhythm" is the embodiment of the human pulse, breathing and inner emotional ups and downs. It can be seen that Orff teaching method is an attempt to evoke the latent musical instinct of almost all

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people (especially children) through the rhythm closely combined with movement and language, the most fundamental, natural and oldest form of human musical practice improvisation, and make music a natural and spontaneous requirement of people. According to the origin and development law of music, that is, the physiological and psychological law of music, the children's music education system and teaching method established by him are reasonable, scientific and effective (Li, 2012).

Judging from the current teaching status, teachers often can't fully mobilize students' love for music in class, and can't arouse students' interest through vivid classes. Some students are very curious about various kinds of music, but they don't like music lessons. Most elementary school music teachers' understanding of music is to teach students to sing a few songs, and parents know that their children have learned new songs in the music class, and they have completed their classroom teaching. This traditional teaching method seriously ignores the initiative of students in learning, and greatly restricts the cultivation of students' personality development. And the most serious is that students have a chaotic rhythm phenomenon, students have a poor sense of rhythm, so they will lack creativity. At last, Orff teaching method in the primary school classroom emphasizes the form, method, model rigid problems also exist (Zhang, 2022).

The reason for these phenomena is mainly that teachers do not effectively use Orff teaching method in the classroom, and there is no innovation and integration. Therefore, they cannot arouse students' interest and stimulate students' active participation (Ma, 2022).

In the process of entering education, it is important to pay attention to the three principles of Orff teaching method as a foundation. The first is to effectively stimulate children's instinctive consciousness. Second, starting from the children themselves, mobilize the enthusiasm of students to actively learn music. The third is to achieve the educational purpose of improving students' creativity through music teaching. It can be seen from the three principles of Orff teaching method that it pays attention to the true inner thoughts of children, making students become the center of music class, accepting music with a relaxed and happy mood, and enjoying the world of music (Chen, 2021). Orff teaching method is a very practical music teaching method, which is not limited by any conditions, easy to promote, and can narrow the distance between students and music, narrow the distance between teachers and students. This comprehensive education of appreciation, performance and creativity can create a comprehensive and rich aesthetic experience for students. This simple and fun teaching method makes learning easy and enjoyable for students. Students can not only learn a lot of music knowledge, expand ideas, improve understanding ability, observation ability and aesthetic ability, but also strengthen communication, unity and cooperation, cultivate self-confidence, enhance expressive force, and improve their overall quality. Orff teaching method puts forward higher requirements for the comprehensive quality of music teachers, which can promote teachers to constantly improve their own knowledge level. Therefore, Orff teaching method can be widely used in music classroom. Music teachers should grasp the concept of Orff teaching method accurately, and apply it effectively to practical teaching, so as to continuously improve students' music quality (Liu, 2018).

Research Objectives

1. To study the Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school.
2. To survey the use of Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school.

Research Methodology

This study adopts qualitative research method. Through interviews with experts and observations of students and teachers in the classroom, this research analyzes whether the rhythm ability of first-grade students is improved by Orff teaching method.

The music class of Grade 1 uses Orff teaching method to observe students and teacher. Observe whether students' rhythmic abilities improve. Conduct teaching reflection on teaching content, teaching process and teaching methods, constantly explore and solve problems in teaching purposes, teaching tools and yourself, constantly improve the rationality of teaching practice, constantly improve teaching efficiency and teaching research capabilities, and also directly explore and solve the problem. Solve practical problems in teaching and constantly pursue the rationality of teaching practice.

Step1: An interview with three Orff music experts was conducted to obtain the effectiveness and value of Orff teaching method in rhythm teaching from the perspective of experts.

Step2: Observed 25 students and music teachers in the first grade of Suzhou Foreign Languages School, developed an observation form, and observed the teaching process, teaching methods and teaching results.

Step3: Analyze the content of the observation sheet and summarize the effect of Orff teaching method on the cultivation of rhythm ability of first-year students.

Research Conceptual Framework

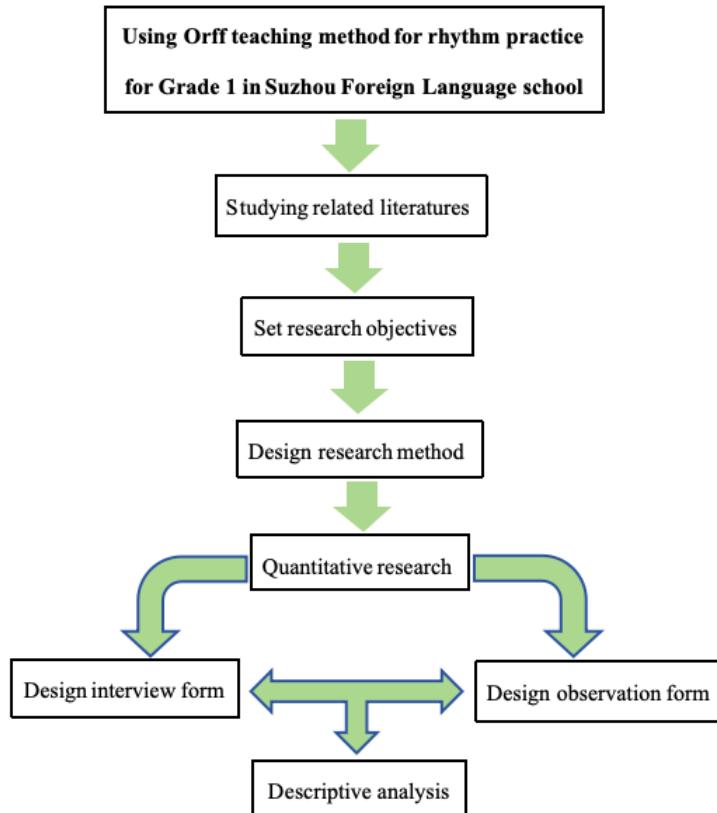


Figure 1 Research Conceptual Framework

Research Findings

1. To study the Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school

Through interviews with three experts and summarizing and analyzing the contents of the interviews, the conclusion is as follows:

1) Orff teaching method is helpful for children's rhythm ability.

Orff teaching method is very helpful for children's rhythm training. Orff teaching method is a comprehensive and diverse music education method that cultivates children's sense of rhythm, musical feeling and expression ability through rhythm, games, percussion and other forms. In the Orff teaching method, children feel rhythm through listening, singing, dancing, playing and other activities, and express their feelings and understanding of rhythm through imitation, exploration, creation and other methods. This teaching method emphasizes children's active participation and experience, allowing them to learn through play and by doing, thus cultivating children's creativity and imagination.

In the Orff teaching method, students clap their hands, stamp their feet, sway their bodies and other actions to feel the rhythm and rhythm of the music. This teaching method can help students establish a stable sense of rhythm and rhythm awareness, and improve their ability to understand and express music. Secondly, through the rhythm practice and percussion performance in the Orff teaching method, children can be helped to master basic rhythm skills and improve their musical literacy and artistic accomplishment. In addition, Orff teaching method also focuses on interdisciplinary integration, combining music with language, dance, drama and other art forms to help children fully understand and experience various art forms and improve their overall quality.

In short, the Orff teaching method is a music teaching method that focuses on rhythm. It cultivates students' sense of rhythm and physical coordination by guiding them to participate in various musical activities.

2) Orff sound feature uses the body as a percussion instrument and uses the four movements of finger twisting, clapping, leg clapping and foot stomping to conduct teaching activities.

Sound rhythm mainly uses the human body as a musical instrument, and uses the movements of various parts of the body to emit different sounds to express the rhythm of music. Combining the above four forms of finger twisting, leg clapping, foot stamping, and hand clapping, the practical key points are explained: ① Rhythm imitation. Rhythm imitation is a rhythm practice method and a kind of imitation teaching. The teacher first demonstrates to the students, using their own body movements to demonstrate a rhythm and asking the students to imitate it. This process can be combined with the students' understanding of rhythm and rhythm to adjust the rhythm. Through continuous learning and imitation, students can simultaneously learn basic music knowledge and learning methods of vocal momentum and rhythm. ② Solitaire game. Game teaching is an important organizational form of sound momentum and rhythm teaching method. Teachers can design game activities according to the teaching content and the actual situation of students. The Solitaire game has certain logic and rhythm, and it is also a form of game activity that most students prefer. When teaching, the teacher can first demonstrate a rhythm through actions and have the students imitate it. After that, the students will take the lead in arranging the next two beats, and so on, to cultivate students' ability to respond to music rhythm and create abilities. ③ Rhythm creation. After teaching rhythm imitation and solitaire games, students already have certain musical rhythm abilities. Teachers can divide students into groups to practice rhythm creation. Students are divided into groups according to their interests and control over rhythm, so that they can create different types of vocal rhythms through rhythmic learning. ④ Vocal accompaniment. Sound music melody accompaniment is one of the most widely used forms of sound rhythm teaching method, including multi-part rhythm training and fixed-note accompaniment method. The application of this method is mainly for teachers to use a certain fixed tone pattern to provide vocal accompaniment to enhance students' memory of the tone pattern.

3) Orff teaching method can improve children's interest.

The Orff teaching method is a very interesting and creative music teaching method that can help increase children's interest and participation in music. Through the application of Orff teaching method, children can express their feelings and ideas in a more natural and free way, and at the same time, they can also learn art forms such as music and dance in a relaxed and pleasant atmosphere. The Orff teaching method focuses on the rhythm and rhythm of music. Through various rhythm games, dancing, singing and other activities, children can feel the rhythm and melody of music, thereby stimulating their interest in music. In the Orff teaching method classroom, children can freely express their feelings and ideas, and express their emotions and imagination through improvisation, playing instruments, etc.

Through the application of Orff teaching method, children can better develop their creativity and imagination, and at the same time, they can learn and grow in a pleasant atmosphere. In order to help children better understand and appreciate music, the Orff teaching method provides a variety of practical teaching tools and activities. For example, using Orff instruments such as xylophone, glockenspiel and various percussion instruments allows children to experience the rhythm and melody of music first-hand. In addition, through activities such as singing, dancing and drama performances, children can better understand the emotions and meaning of music.

During the teaching process, teachers need to patiently guide children and encourage them to express their feelings and ideas freely. At the same time, teachers also need to choose teaching content and methods suitable for children based on their age and interests. For example, for children in lower grades of primary school, simple and easy-to-understand children's songs and games can be used to stimulate their interest in music.

In short, Orff teaching method is a very practical and effective teaching method. Through the application of Orff teaching method, children's interest in learning can be improved, and they can better develop their creativity and imagination. At the same time, they can also learn and grow in a pleasant atmosphere.

4) Orff teaching method can improve children's cooperation ability.

Orff teaching method can effectively improve children's cooperation ability. The Orff teaching method emphasizes collectiveness and cooperation. Through various musical activities and performances, children are encouraged to play their role in teamwork, thereby cultivating their sense of cooperation and ability.

In the Orff teaching method, children are usually divided into groups to perform musical activities, such as chorus, ensemble, music games, etc. These activities require children to cooperate and coordinate with each other to complete musical works or achieve certain goals. Through these activities, children gradually realize the importance of teamwork, learn how to collaborate with others, how to play to their own strengths, and how to understand and respect other people's perspectives and roles.

In addition, Orff teaching method also encourages children to improvise and perform, which also requires children to have certain cooperative abilities. For example, in impromptu music performances, children need to conceive, discuss and execute performance plans with teammates, and cooperate with each other to complete performance tasks. In this process, children's cooperation and communication skills can be exercised and improved.

Overall, Orff teaching method promotes children's cooperative ability in various ways, so that they not only improve their own skills and expression in music learning, but also learn how to cooperate with others and how to exert the power of a team, which is very important for them. Their future growth and development is of great significance.

5) Orff teaching method contributes to children's musical experience.

Orff teaching method has significant advantages in children's music education. It uses a variety of art forms such as music, singing, dance and percussion to stimulate children's interest and creativity in music, and cultivate their musical expression and cooperation abilities.

First of all, Orff teaching method focuses on children's physical participation. It encourages children to experience music through body movements and expressions, such as dance, movement and body rhythm. This approach allows children to gain a deeper understanding of the rhythm, dynamics and emotions of music, enhancing their musical experience. Secondly, Orff teaching method emphasizes the comprehensiveness of music. Here, music is not just a purely auditory experience, but can be combined with vision, movement and other art forms. Children can improve their language skills, understanding and performance skills while learning music, and achieve multi-faceted development. In addition, Orff teaching method also encourages children's creativity. It believes that every child has creativity in music, so children are encouraged to improvise in musical activities. This kind of creativity helps develop children's imagination and innovative thinking.

Orff teaching method also emphasizes children's personal participation and perceptual experience. It encourages children to actively participate in the music rather than just being listeners. Through multiple sensory experiences such as sight, hearing, touch, and smell, children's abilities in all aspects are maximized and their potential is developed. This form of self-entertainment music helps children express and vent their emotions. In addition, Orff music education also focuses on starting from local culture. It encourages people to integrate Orff's musical concepts according to their own cultural background, making music education more regional and national. This helps develop children's sense of identity and pride in their native culture. Finally, Orff emphasized that music is not the exclusive product of elite talents, but the feeling and experience that every child should have. In teaching, teachers provide some original materials for children to experience and play freely. Everything is children-centered. This child-centered approach to teaching helps develop their autonomy and self-confidence.

In summary, Orff teaching method provides children with a rich and diverse musical experience through the comprehensive use of multiple art forms and teaching methods. It not only helps develop children's musical literacy and creativity, but also helps improve their language skills, cooperation skills and self-confidence. Therefore, Orff teaching method is of great value in children's music education and helps to create a pleasant, creative and meaningful music learning experience for children.

6) Orff music games are used in a variety of ways, through voice games, body games and instrument games three categories, integrated into the teaching.

Methods of using Orff music games can include the following aspects: First, use Orff instruments to create a music-filled environment. This can be simple clapping, percussion, or playing a complete song. This environment helps children develop a sensitivity to music. Then, involve your children in musical activities such as singing, dancing, playing instruments, etc. This allows children to understand music through their own bodies and feelings, enhancing their sense of rhythm and coordination. Secondly, Orff music games are highly interactive and

playful, and can enhance children's interest and understanding of music through various game methods. For example, children can be allowed to understand and express music through role-playing, story creation, etc. Orff music games emphasize the exploration of musical elements, including rhythm, melody, harmony, timbre, etc. These elements can be explored in various ways, such as changing the rhythm, changing the melody, etc., so that children can understand the diversity and change of music.

In general, Orff music games are used in a variety of ways, through voice games, body games and instrument games three categories of composition. Focus on children's participation and experience, let them feel the charm of music through the game, improve their musical literacy and creativity.

2. To survey the use of Orff teaching method in rhythm practice for Grade 1 in Suzhou Foreign Language school

In this part, the researcher observed 25 students and teacher in the first grade class of Suzhou Foreign Languages School for 12 classes, and concluded that:

1) Orff teaching method has a positive impact on the teaching results of first-grade primary school class.

2) Orff teaching method helps to improve children's rhythm ability.

Observe both students and teachers in the classroom. On the one hand, students in the classroom can actively participate in it, and students can complete the rhythm tasks and Orff activities assigned by the teacher, making students the main body in the class. Secondly, the classroom atmosphere is active and students are enthusiastic about learning. On the other hand, the teacher's Orff teaching content is rich and the teaching is rigorous, which can make students feel the teacher's Orff teaching professionalism and teaching level, making students trust and respect the teacher more. In addition, teachers prepare lessons well and teach in strict accordance with the teaching plan. Orff's teaching instruments are used appropriately and the teaching objectives are completed efficiently. Finally, teachers' classroom evaluation is fair, objective, and comprehensive, which well reflects students' learning progress and helps students discover and solve problems in a timely manner. Therefore, the introduction of Orff teaching method in primary school music classroom has a positive impact. Through the use of Orff sound gesture and Orff music games, students' learning interest, cooperation ability and music experience are improved. Moreover, Orff teaching method effectively helps children improve their rhythm ability.

Discussion

Orff teaching method is a creative and humanistic music teaching method, which is suitable for primary school music education. In the teaching process, students' participation and experience are emphasized, students' improvisation and collective cooperation are encouraged, and students' creativity and collaborative spirit are cultivated. In the teaching process, students are encouraged to improvise and give play to their imagination. Therefore, the use of Orff teaching method has a positive impact on classroom results. By tapping instruments, clapping hands and other ways to train students' sense of rhythm, so that students can better feel the rhythm and rhythm of music (Wang, 2020). By combining dance with music, students can feel the rhythm and rhythm of music. Through organizing students to create and

perform together, students' collaborative spirit and sense of collective honor are cultivated. It can be seen that the Orff teaching method is helpful to rhythm training.

However, there are still some shortcomings in the study. In the teaching process, there is too much emphasis on the learning of skills and knowledge of Orff teaching method, so the results may be more significant. However, the teaching results of this class can not represent the music classes of all grades (Liu, 2018), and not every teacher is as good as the teacher in this observation. Therefore, the research still has some limitations.

Teachers are the designers and leaders of the classroom. If you want to have a good class, the quality of teachers must be excellent. Schools should encourage teachers to participate in Orff music education training. Influenced by traditional and old ideas, many schools do not pay enough attention to music education. Training opportunities should be appropriately increased to improve teachers' literacy, so that teachers can be exposed to new ideas and new methods, and more well-qualified Orff music education talents should be cultivated (Ma, 2022). In addition, teachers should not treat the implementation of Orff class as an occasional public performance class, which is simply the design and imitation of a movement. Orff teaching method should be fully implemented in each section of their actual teaching. With the new concept of students' active participation and the cultivation of music core quality, the new concept will be internalized and implemented in their actual education and teaching.

Recommendations

1. Practical Recommendations

This study proves the effectiveness of Orff teaching method through the study of Orff's teaching method on children's rhythm sense in lower grades of primary school. The Orff teaching method allows students to experience and perceive changes in rhythm through various rhythm games and activities, thereby cultivating their keen perception of rhythm. In the Orff teaching method, there are many rhythm exercises that require students to cooperate, such as clapping, stepping, etc. These exercises can help students improve their coordination and balance.

Express your thoughts and emotions through improvisation and adaptation. This teaching method can stimulate students' creativity and imagination. In the rhythmic exercises of the Orff teaching method, students need to accurately complete various actions and instructions within the specified time. This kind of practice can effectively improve students' attention and concentration skills, making them more focused and efficient in study and life. To sum up, the benefits of Orff teaching method to primary school students' sense of rhythm are multifaceted. It can not only improve students' musical literacy and artistic accomplishment, but also promote their physical and mental development and creativity.

2. Recommendation for future research

In primary school education, Orff teaching method is a very effective teaching method. It focuses on students' initiative and creativity, and also emphasizes the integration of art forms such as music and dance. The Orff teaching method emphasizes the creation of a music environment. Various types of music can be played in the classroom, including classical music, pop music, folk music, etc., so that students can feel the diversity and charm of music. In addition, Orff teaching method not only focuses on music, but also emphasizes the integration with other art forms, such as dance, drama, painting, etc. These art forms can be

integrated into music teaching to allow students to express their feelings and ideas in a variety of ways. At the same time, music teaching can be combined with other subject knowledge, such as language, mathematics, science, etc., so that students can feel the charm and role of music while exploring other subjects.

In primary school Orff classroom teaching, more personalized and customized teaching content and activities can be designed according to students' personality characteristics and interests to better meet students' learning needs. For example, teaching tools are not limited to Orff musical instrument can also be a traditional Chinese musical instrument. Secondly, establishing a complete evaluation system is an important guarantee for improving teaching quality. In the future, the evaluation system of Orff Classroom can be further improved to evaluate students' performance from multiple dimensions to better guide students' learning and growth.

In short, the future development of Orff classroom requires continuous innovation, improvement and expansion to adapt to the development of the times and the learning needs of students. By strengthening multicultural integration and improving the evaluation system and other measures, the sustainable development of Orff classroom can be promoted and better support and services can be provided for students' all-round development.

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