

How does the composer Anna Meredith
use the body as an instrument?



Task questions

1. Why do you think the piece is called 'Hands Free'?
2. How many different (body percussion) sounds can you hear?
3. How does the composer create variety in this piece?



Composing a piece of body percussion

Watch the clip in the worksheet for inspiration

| | | | | | | | |
|---|----|----|----|----|----|----|----|
| | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |

