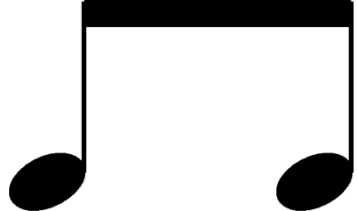


Notation	Rhythm name	Action word
	4 semiquavers occupying 1 beat	running faster
	2 quavers occupying 1 beat	jogging
	dotted quaver – semiquaver occupying 1 beat	skipty
	crotchet occupying 1 beat	walk
	crotchet rest occupying 1 beat	shh
	minim occupying 2 beats	stride
	semibreve occupying 4 beats	wade