



ORFF BITES 1

Sarasponda

Celia Stewart

https://www.youtube.com/watch?v=A69MsC_Puv4&t=17s

- It is believed that Sarasponda was originally a Dutch song mothers taught their daughters to spin to on a spinning wheel. The sounds of Sarasponda are said to be the sounds of the spinning wheel.
- Learn through imitation or just start movement and body percussion patterns, repeating the song until your group has picked it up.
- Walk on the beat – double on “ret set set”
- Walk sideways to the beat, walk backwards to the beat
- Change direction at the end of each phrase
- Put the beat somewhere else on the body - add in crossing the midline – half speed, double speed
- Create a body percussion pattern – children could create individually or in pairs or fours – encourage them to have a spinning action somewhere in the pattern
- Create a cup pattern
- Add a simple accompaniment on C and G
- Explore the sol-fa – ends of phrases mi-re-do or the third phrase do-do’ la so - do do’ do’ la la so- add in hand signs.

Sarasponda

A Dutch folk song sung by women as they spun.

