The quarter note
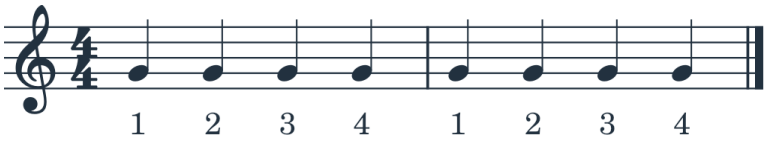
Your very first note symbol: the **quarter note**. One note, one steady count — like footsteps. Learn this one, and every other note will be measured against it.

WHAT IT LOOKS LIKE — AND HOW LONG IT LASTS



1 beat

- **filled notehead** — solid black — a moving note
- **stem** — up or down, it doesn't change the length



Count out loud: every quarter note gets exactly one count.
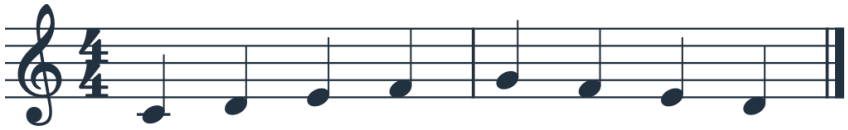
THE BEAT AND THE BAR



one measure (bar) — the barline starts the next one

Counts come in groups of four, called **measures** (or bars), separated by **barlines**. The **4/4** sign at the start of the music means: four beats in every bar — and the quarter note gets the beat.

HEAR IT IN A MELODY



A melody walking in quarter notes — one step per beat.

TAP THE RHYTHM



Tap once for every note on your knee or the piano lid, counting aloud — steady as a clock. Then try it walking: one tap per footstep.

Try it March in place and clap once per step — you are a quarter note. Then play the walking melody above while still stepping: feet and fingers together, **one note per footstep**.

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