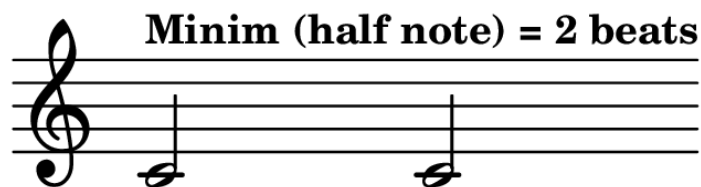
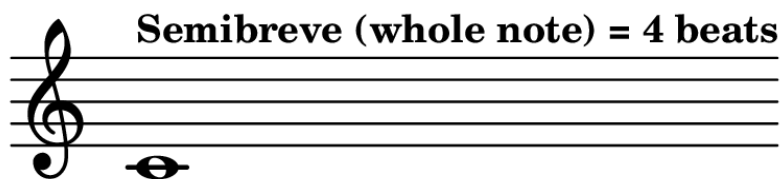


# Note & Rest Values

*Music Theory Foundations — Quick Reference*

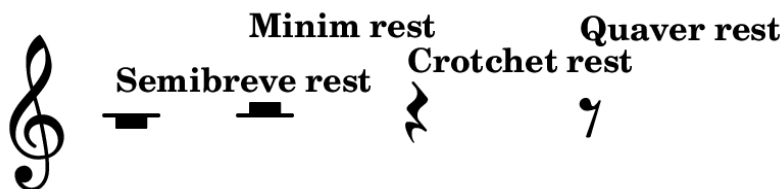
## Note Values

A note's shape tells you how long to hold it, counted in beats. Here are the four note values you need for Grade 1, from longest to shortest:



## Rest Values

A rest is a silence — it uses the same beat values as notes, but means "don't play" instead of "play."



## How They Relate

Each note value is worth exactly twice its neighbour: one semibreve = two minims = four crotchets = eight quavers. This doubling relationship is the key to counting rhythms accurately.

## Key Rules to Remember

- Semibreve (whole note) = 4 beats — an open notehead with no stem.
- Minim (half note) = 2 beats — an open notehead with a stem.

- Crotchet (quarter note) = 1 beat — a filled notehead with a stem.
- Quaver (eighth note) = half a beat — a filled notehead with a stem and one flag (or beam, when joined to another quaver).
- Every note value has a matching rest of the same length.