



Greater Manchester
MUSIC HUB



KS3 Choir Session 3

Warm-up

- ✓ Stretch up to the ceiling on tip toes. Put arms back down and release tip toes but keep the stretch in the torso. Shut eyes and rock body forwards a little too far then back then side to side. Then find the middle position. Open eyes and swing hips to the right, to the left, front and back and find middle position.
- ✓ Sing the word 'Popocatepetl' on middle C then repeat up the scale.
- ✓ Place hands flat on lower part of tummy. Make a long hissing noise and as you do, feel tummy move in as if trying to squeeze into trousers a size too small! Breathe in and this time using the tummy push the air out to a loud 'SSSSSS' sound then breath in again and repeat with a 'ZZZZZZZZZZZZ' then repeat with a 'VVVVVVVVVV'. The pupils need to feel the tummy working and no shoulders or chins should be going up and down.
- ✓ Sing my 'Bonny lies over the ocean'. Verse and chorus. Repeat but this time stand up on words beginning with a B then sit down on the next word beginning with B. Easy in the verse but tricky in the chorus!

Warm-up Song

Recap – Senwa Dedende (Sheet)

- ✓ Sing the whole melody through twice.
- ✓ Split the group into four and sing as a round, the second group coming in after the first bar and so on.
- ✓ Keep the beat steady and make sure the last group don't tail off towards the end.
- ✓ Make sure that the groups are even in sound and that no one is shouting. Emphasise that they are working as a team not trying to out sing each other!!

Main Body of the Session

Recap – Imagine (Novello Youth Choral Anthology, SSA)

- ✓ Recap the previous session and see how much of the harmony has been remembered accurately.



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- ✓ Work on any weaker parts making sure that mistakes are fully corrected.
- ✓ Sing through the whole melody from the start to the key change. Work on any inaccuracies as before.
- ✓ Now split the choir into three equal sections making sure your stronger singers are spread amongst the sections.
- ✓ Teach the harmony lines in the same way as before from bar 24 to the key change, putting it together four bars at a time. This will take time and need a lot of repetition.
- ✓ Again do not allow mistakes to go uncorrected at this point.
- ✓ Sing from the beginning to the key change.
- ✓ Try and focus on the good parts and congratulate them on how great they sounded at certain points.
- ✓ The remainder of the song can be taught in a similar fashion in subsequent rehearsals. Just remember; small accurate chunks is the best way to go!

To Finish

Recap - Banuwa (Sheet)

- ✓ Sing the song through several times, each line in unison to ensure parts are still secure.
- ✓ Split the group into four and layer parts as before, bringing each group in one at a time.
- ✓ Once this is secure build to a crescendo then take each part out in reverse order until only part one then maybe a solo voice is left.

Evaluation and Notes for next session

Who were the strongest harmony singers? Maybe you could use them to split into smaller groups for 5 minutes and work on additional ostinato parts at the next rehearsal.

In future rehearsal you could add foot stamps, clicks, claps and movement from side to side to **Banuwa** and build it from a simple solo chant to a full performance adding parts and movements as you go.

In subsequent sessions you can add the other vocal parts to **Senwa** make a much more complex performance piece.