

Boys' Choir Session 3

Warm-up

- ✓ Push shoulders up to your ears, squeeze and hold. Squeeze the whole body from head/face to toes. The leader will count down 3,2,1 and pupils are to relax with a shrug and exhale to an 'ahh' sound. Repeat several times exhaling at different vocal ranges.
- ✓ Use this tongue twister: 'How much wood would a woodchuck chuck, if a woodchuck could chuck wood?' Start slowly with focus on clear and correct enunciation. Start to pick up the tempo once correct.
- ✓ With plenty of room and away from all other pupils, begin to swing arms gently. Alternate arms should be swinging forwards and back at the same pulse along with a bend of the knees. Ask the pupils to close their eyes and let the arms gain momentum until it takes the arms over the head.
- ✓ Describe an imaginary pencil positioned on the end of your nose (like Pinocchio). Using just the pencil and keeping the posture straight, but relaxed, draw with the pencil an object of your choice or write a name.
- ✓ Pupils are to visualise a candle in the distance. A steady stream of air is to be blown gently towards the candle and repeated with the same strength of air but sung to a vowel. Start with an 'oo' vowel. This can be changed to an 'ee', 'eh', 'ah' or 'oh'. Once they are at the end of the stream of breath, ask the pupils to take a deep and steady breath into the bottom of the stomach.

Warm-up Song

New - Obwisana (Sheet)

- ✓ A simple song, which is a good piece for concentration and focus at the start of a rehearsal.
- ✓ Sing the song in full, and then separate the two phrases with repetition from the pupils.
- ✓ This song is a traditional Ghanaian stick-passing game - once the song is confident, try to add a tap stick to pass round a circle. There are different levels of complexity - on the first lesson, try: tap, tap, pass, rest.

Main Body of the Session

Recap/New- Like a Prayer/Livin' on a Prayer (Sheet*)

- ✓ Recap the previous session, asking pupils to remind you of the work done and skills learned.
- ✓ Sing through the three sections covered and work on specific areas of difficulty.
- ✓ The piece should have varying elements of dynamic expression. Make sure these are secure and that the vocal energy is driving throughout.
- ✓ **New** - the final section of the piece has a key change which needs plenty of technical support. Please make sure that the pupils are not shouting or 'pushing the voice'.
- ✓ Be aware of the presentation of this piece. Repetition will help considerably to secure the song whilst allowing the pupils to gain confidence. Awareness of performance is important to giving this piece the up-beat, energetic feel it needs. Some movement would work well.

Recap - Hey Ungua (Sheet)

- ✓ Recap once through.
- ✓ Ask a pupil to lead the call and response with varying dynamic levels.
- ✓ The piece can also work well as whole song. Try singing the piece as a whole and with canon. This would entail the pupils splitting into two groups. Ensure there are confident pupils on both parts so that they are naturally leading.

By beginning to introduce a canon, as this will further help with part singing and eventually lead to harmony work.

Evaluation & notes for next session

Throughout the rehearsal always keep the pace of learning high. Boys especially, need to be kept engaged and interested. Some Musical Directors introduce a quick game of football or something to re-energise the body and mind.

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