

KS2 Choir Session 1

Warm-up

- ✓ Shake out! Vigorously shake right hand in the air for eight counts. Repeat with left hand, then right foot and left foot. Next halve the counts and repeat the cycle to four counts. Halve again to two counts and finally do one count ending with an energetic 'hey!'
- ✓ Encourage good posture: stand tall, shoulders relaxed, back & down, feet slightly apart, the weight slightly forward on the balls of the feet. Crown of the head leading!
- ✓ Ask the children to copy some consonant clusters, encouraging them to listen first, e.g.

1.	ch	ch	ch	ch	2.	zh	zh	zh	zh
3.	p	t	p	t	4.	ff	sh	ff	sh

- ✓ Encourage the children to think about breathing in, asking them to imagine that they are taking a 'cool sip of air', drinking it in through a 'button oo' shape and feeling it trickle down their throats. Make sure that they do not raise their shoulders or make any sound as they inhale.
- ✓ Do a 'sizzle', making it last while you draw a rainbow in the air. Explain that the 'ssss' sound must be continuous and ask them to copy.
- ✓ Ask the children to make a 'big' face and a 'small face'. Repeat. Try happy/sad; cross/laughing; surprised/goldfish.

Warm-up Song

New – Step back Baby (Singing Sherlock Book 2, p23)

- ✓ Sing the response (Step back baby, step back), asking the children to copy it.
- ✓ Sing the song, signalling to the children when to join in with the response.
- ✓ Sing one line at a time adding the actions, ask the children to copy, adding the response onto the end of each line as well.
- ✓ Sing through the whole song together.

Ask the children to sit down (on benches or chairs if at all possible), but explain how important it is to 'sit tall' so that the lungs can work well. Ask the children to imagine that they are puppets on a string, and every time you pull the string, it will prompt them to sit tall.

Main Body of the Session

New - Roller Ghoster (Singing Sherlock Book 2, p61)

- ✓ Listen to the first section of this piece. It moves very quickly and is easier to teach without the backing track if you are comfortable leading the singing.
- ✓ Sing the first two bars of the song and ask the children to repeat, taking care that they match the jumps between the notes accurately.
- ✓ Do the same with the next two bars.
- ✓ Then sing the first four bars, so that the children can hear how the two link together.
- ✓ Repeat the process with the next four bars, and then try it all the way through up to "sick".
- ✓ See if the children can come up with some actions too!

New - Tongo (sheet)

- ✓ Explain that this is a Polynesian canoeing song, and begin by speaking each phrase for the group to copy.
- ✓ Sing each line for the children to echo, but without sustaining the final notes. Repeat this.
- ✓ Point out that the last note of each line needs to be sustained.
- ✓ Try as an echo song, but this time sustaining the last note of each phrase so that the voice parts overlap.

To Finish

New - Crash Beep Beep (Singing Sherlock Book 2, p21)

- ✓ Without using the backing track, sing the chorus to the children with the actions.
- ✓ Repeat one line at a time, with the children echoing ensuring that the pitch is accurate, particularly on line 3.
- ✓ Sing Verse 1 one line at a time with actions asking the children to echo. Use the CD if you prefer.
- ✓ Continue with the rest of the song in the same way.

Evaluation & notes for next session

Note how quick the children were to pick up songs. Do they echo phrases accurately?

Look out for strong, confident singers and make sure they are evenly spread out amongst the group next time.