

KS3 Choir Session 1

Warm-up

- ✓ Shake out right arm followed by left arm, right leg and left leg. With both hands tap body lightly all over, up and down legs, torso, chest, lower back then with one hand on each arm and shoulders. Gently massage face and under the jaw line.
- ✓ Raise hands above head. Look up at a spot on the ceiling. Keeping your eyes on the ceiling bring arms back down to the side. Bring head back down so that chin is parallel to the floor (introduces good posture).
- ✓ Tongue twisters; start slowly and accurately then pick up the tempo. Try the following: **Six short sword sheaths; Unique New York; Eleven benevolent elephants; Chef's square shaped soups.**
- ✓ 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! At the end of the breath relax the tummy muscles under hands and feel the air draw into lungs as tummy springs out.
- ✓ Sing a three note run up and down to a 'Kah' sound then repeat on 'Gah', 'Kee' and 'Gee'.

Warm-up Song

New - O a Lay Lay (Sheet)

- ✓ This is a simple call and response/ echo song
- ✓ Simply sing the each phrase and ask the pupils to copy exactly what you have sung.
- ✓ Split the group in half. One half can call and the other can respond.
- ✓ See if anyone is confident to lead and the group can respond.

Main Body of the Session

New - Imagine (Novello Youth Choral Anthology, SSA)

- ✓ You don't need to complete the whole song in one session. Break it down into sections to be worked on in subsequent rehearsals. Bar 28 is a good place to break off.
- ✓ Sing the section you will be working on so that the pupils have an idea of what they are aiming for.

- ✓ Sing the first phrase and ask the pupils to repeat. If it is not accurate, sing and repeat again. Sing any tricky intervals on their own and ask the pupils to repeat them before slotting them back into the phrase once accurate. Use your hands to indicate pitch and don't be tempted to sing with them when they sing back, as you need to hear what they are actually singing!
- ✓ Repeat this pattern with the next phrase and when that phrase is accurate sing the first two phrases together. Leave out the harmonies at this point as they will be added in subsequent rehearsals.
- ✓ Continue in this way until the first section is complete. Correct any mistakes as you are going along in the way described above as it is really difficult to correct them at a later point.
- ✓ Discuss the feel of the opening phrases, quiet and smooth, then repeat the section you have worked on all the way through once more.
- ✓ Congratulate them on what they have achieved and ask them to memorise the lyrics for next week if you have been working from lyric sheets.

To Finish

New - Senwa Dedende (Sheet)

- ✓ Say the phrase and ask the pupils to repeat.
- ✓ Clap the pulse, asking the pupils to chant the words over the top, copying you one phrase at a time.
- ✓ Sing the first phrase and ask the pupils to copy you then repeat.
- ✓ Sing phrase 3 using your hands to indicate pitch. Repeat a few times until secure.
- ✓ Sing 4th phrase and ask the pupils to copy.
- ✓ Discuss how many different phrases are in the song and point out the repetition. (They won't all have picked up that 2 lines are exactly the same!!)
- ✓ Sing the whole song through so the pupils are clear about the structure.
- ✓ Ask them to join you and sing it again.
- ✓ Let them try singing it without you. You will need to show the shape of the melody line especially on the 3rd phrase and keep mouthing the words.

Evaluation & notes for next session

Take note of who are the stronger, more confident singers and make sure that they are spaced evenly in the group next week.

Take note of anyone who struggled and give them an extra thumbs up.

Did you pace the rehearsal correctly? Were any lulls? Were the children engaged?