

## KS3 Choir Session 2

### Warm-up

- ✓ Roll shoulders forwards in a circle then back the other way. Pull up to the ears and release. Turn head to the right until there is a gentle stretch in the neck then repeat to the left. Tilt head right back then drop forward onto the chest and back to the middle. Repeat head movements with closed eyes to see if the pupils can naturally find the central position. Check for chins too high or low.
- ✓ Start with feet shoulder width apart. Stretch up tall, hands above head then flop gently forwards. Head and arms should be hanging loosely. Take two deep breaths in that position then slowly roll back up, the head being the last to unroll. Stretch up tall again and finally lower arms to the side.
- ✓ Tongue twisters as last session: **Six short sword sheaths; Unique New York; Eleven benevolent elephants; Chef's square shaped soups**, but this time sung up the scale starting on A below middle C.
- ✓ 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, breathe in for 4 feeling the tummy muscles move outwards, hold for 4 then breathe out for 4. Relax. Repeat on a 6 and 8 count.
- ✓ Sing 'mmm' feeling the face buzzing, lips relaxed, then change to 'ng' as in the end of the word sing. Mouths should be slightly open and the pupils should still be able to feel the sound at the front of the face. Then finally open it up to an 'ah' sound. The sound needs to stay forward exactly as it was with 'mmm' and 'ng'.

### Warm-up Song

#### **Recap - Senwa Dedende (Sheet)**

- ✓ Sing the whole song to the pupils to remind them of the melody.
- ✓ Sing through the song twice, once with you, once without you. Remember to indicate the pitch with your hands.
- ✓ Repeat if necessary until melody is secure.

- ✓ Split the group into 2 and sing as a round, the second group coming in after the first bar.
- ✓ Keep the beat steady, as it tends to speed up at this point!
- ✓ If it falls apart, just stop and restart. If one of the groups is finding it harder, sing along quietly with that group until they are feeling more confident.

## **Main Body of the Session**

### **Recap/New – Imagine (Novello Youth Choral Anthology, SSA)**

- ✓ Remind the pupils of the quiet smooth start needed to this song. Sing through the work completed last time.
- ✓ Work on the section from bar 28 to the key change exactly as before.
- ✓ Sing through the whole melody from the start to the key change. Work on any inaccuracies as in the previous session.
- ✓ Now split the choir into three equal sections making sure your stronger singers are spread amongst the sections.
- ✓ Teach the 'Ooos' to each section, pointing out how the main melody swaps between the lines.
- ✓ Get the two 'Ooo' sections to sing their parts together, go over the lines again if necessary.
- ✓ Add the middle melody line and repeat several times until secure.

## **To Finish**

### **New – Banuwa (sheet)**

- ✓ Sing all four parts of the song through.
- ✓ Teach this song using call and response line at a time. Repeat each line several times until the response is secure.
- ✓ Split the group into parts, and begin to layer one part on top of the other. Ask half the group to keep singing part one then add the other half singing part two. If this is secure then split into smaller groups and add all 4 parts in the same way. You may only achieve 2 parts securely in this first sing through.
- ✓ Sing the whole song through twice, helping flagging parts out as necessary!!
- ✓ Listen out for mistakes and correct as before.

## **Evaluation and notes for next session**