



Band Virtual Learning

High School Band

April 27th, 2020



High School Band
Lesson: April 27th, 2020

Objective/Learning Target:

Students will learn some common articulation definitions and some exercises for implementation.

Let's Get Started with a Quick Review:

Let's do our breathing exercises, and a few scales!



Review : Breathing Exercises

1. Start with checking your posture while seated in a chair. If it is possible, position yourself in front of a full-length mirror.
2. Take a deep breathe and hold for 4 counts
3. Next, sizzle out the air for 4 counts.
4. Repeat the same exercise but increase the amount of counts 8,12,etc.
5. It is important to sizzle your air for the same amount of counts that you held it for, one solid continuous sizzle.

Click [HERE](#) for a video explanation!

Review: Scales

- Begin your warm up with some scales
- How about we start with Concert A flat, Concert E flat and Concert F.
- Play them in different rhythm patterns, use your creativity!



Be careful not to always play the same scales, learn all of them! It will help you out as you play different music.



Articulation:

Articulation in music refers to how specific notes or passages are played in terms of note length, attack intensity, etc. Composers and arrangers provide **articulation** directions in the form of written notation, symbols placed above or below notes.

Here are some common articulation markings and their definitions.



Articulation Markings:

Staccato ([stak'ka:to]; Italian for "detached") is a form of musical articulation. In modern notation, it signifies a note of shortened duration, separated from the note that may follow by silence. Notated by a single dot above or below a note.

Tenuto (Italian for "to hold") is a durational direction used in musical notation which means to hold or sustain a note for its full length. Notated by a single line above or below the note.



Articulation Markings:

Accent - An accent is an emphasis, stress, or stronger attack placed on a particular note or set of notes, or chord, either as a result of its context or specifically indicated by an accent mark. Notated by this >

Marcato (Italian for marked) is a musical instruction indicating a note, chord, or passage is to be played louder or more forcefully than the surrounding music. The marcato is essentially a louder version of the regular accent. Notated by this... ^



Practice:

Practice by playing your major scales with all of the different articulation styles that have been talked about in the previous slides.

- Staccato
- Tenuto
- Accent
- Marcato



Extra Learning Opportunities:

Here are some great articulation exercises that you can use. Look for your particular instrument and play through the exercises.

Band Articulation Exercises

Band Push Ups



Band Virtual Learning

High School Percussion

April 27th, 2020



High School Percussion Lesson: April 27th, 2020

Objective/Learning Target:

Students will learn about proper stretching before playing percussion instruments and the potential for physical injury such as carpal tunnel syndrome.



Introduction:





Introduction:

Imagine life without the use of your hands. We use our hands so instinctively in our day-to-day life (especially as percussionists) that it is natural to sometimes take their health for granted. But because they are made up of a complex structure of muscles, bones, ligaments, tendons, and nerves, your hands are prone to damaging conditions such as repetitive stress injury, carpal tunnel syndrome, and tendonitis.



CTS and RSI:

The inside of the wrist contains tunnels, called carpal tunnels, through which the major nerves median, ulnar, and radial pass. This “median” nerve, which controls motor and sensory distribution in the hands and fingers, is sometimes compressed. Constant pressure on the carpal tunnel can obstruct proper blood flow and nerve transmissions to the hands and fingers causing numbness and tingling. This condition is referred to as **Carpal Tunnel Syndrome (CTS)**. Compression of the median nerve can be caused by tendonitis or a combination of flexed wrist with significant grip force requirements and repetitive movements - the same types of motions we use as percussionists. These stresses are commonly associated with cumulative trauma disorders of the hand and wrist, known as **Repetitive Stress Injury (RSI)**.

Stretching:



1. **Shoulder and Hand Stretch:** Lace your fingers together and turn your palms away from your body as you extend your arms forward at chest level, keeping your shoulders back and down. Hold for 10 seconds, then lower your arms to your sides and repeat 5 times. *Stretches the shoulders, forearms, and fingers.*

Stretching:

2. Overhead Stretch: Lace your fingers together and turn your palms away from your body [A], then extend your arms overhead, allowing your elbows to bend slightly [B]. Hold for 10 seconds, then lower your arms and repeat 5 times. *Stretches the upper torso, shoulders, and fingers.*



Stretching:



3. Arm Stretch: Hold your right arm straight out in front of you and bring it across your chest toward your left shoulder. With your left hand, grab behind your right elbow and stretch your arm across your chest. Hold for 10 seconds, lower your arms, and repeat on the opposite side. Repeat 5 times. *Stretches the back of the arms and shoulders.*

Stretching:

4. Wrist Warm-up: Sit with your arms at your sides and your elbows bent to 90 degrees. Without moving your upper arms, turn your hands so your palms face upward toward the ceiling [A], then downward, toward the floor [B]. Repeat 5 times. *Gently warms up the wrists and forearms.*



Stretching:

5. Advanced Wrist Warm-up: Extend your arms in front of you, turn your hands so your palms face the ceiling, turning your elbows as far as they can go [A], then in the opposite direction, so that your palms are facing opposing walls [B]. *Stretches the wrists, elbows, forearms, and shoulders.*



Stretching:



6. Wrist Stretch: Extend your right arm in front of you and bend your wrist back. With your left hand, reach across and grab the tips of your fingers on your right hand. Gently pull the fingers back toward your body. Hold for 10 seconds, lower your arms and repeat on the opposite side. Repeat 5 times. *Stretches the wrists, forearms, and fingers.*

Stretching:

7. Hand Warm-up: Raise your arms to chest level, elbows slightly bent. Make a fist with both hands [A], then extend your fingers, spreading them out and apart without strain [B]. *Gently warms up the hands and fingers.*





Additional Warm Up Thoughts:

Try completing these stretches before you start your warm-up routine to ensure that you don't end up with serious long-term effects from playing!

Keep working to play with the BEST technique possible!

Try your best to set aside time EVERY DAY for at least 15 minutes of practice. The skills we have learned will be lost if we don't continue working and refining them!!