



Music Virtual Learning

# Symphonic Orchestra

April 27, 2020



# Symphonic Orchestra

Lesson: April 27, 2020

## Objective/Learning Target:

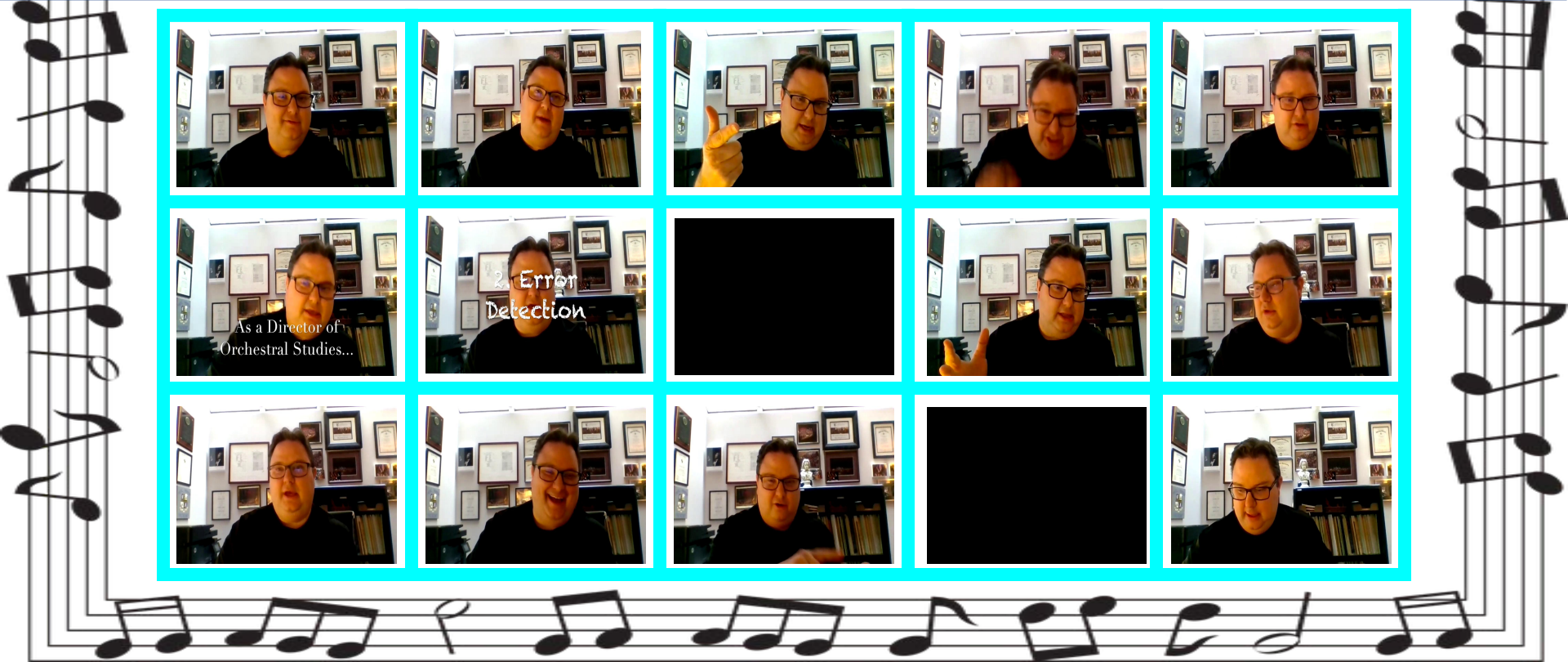
Students will understand what makes up their arm structure.

# Warm-Up



# What does a conductor do?

Watch the following videos

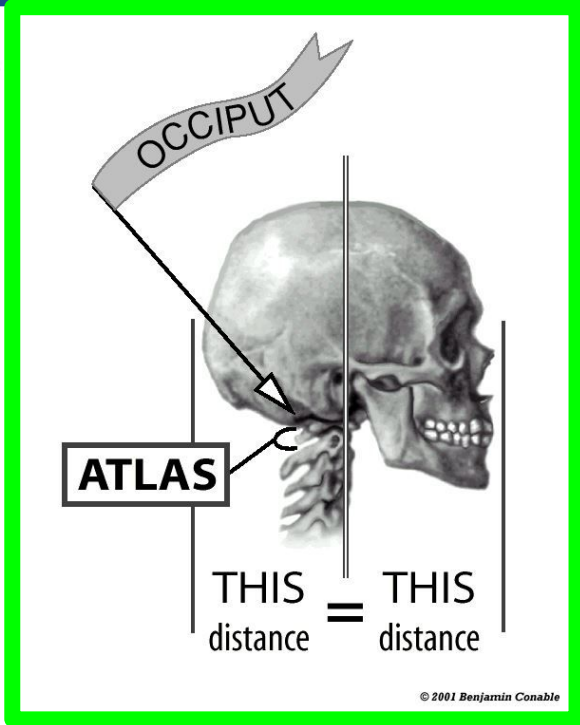


# Lesson



There are **6** points of balance!  
(hint: we have already covered 4)

**Can you name them?**



1.

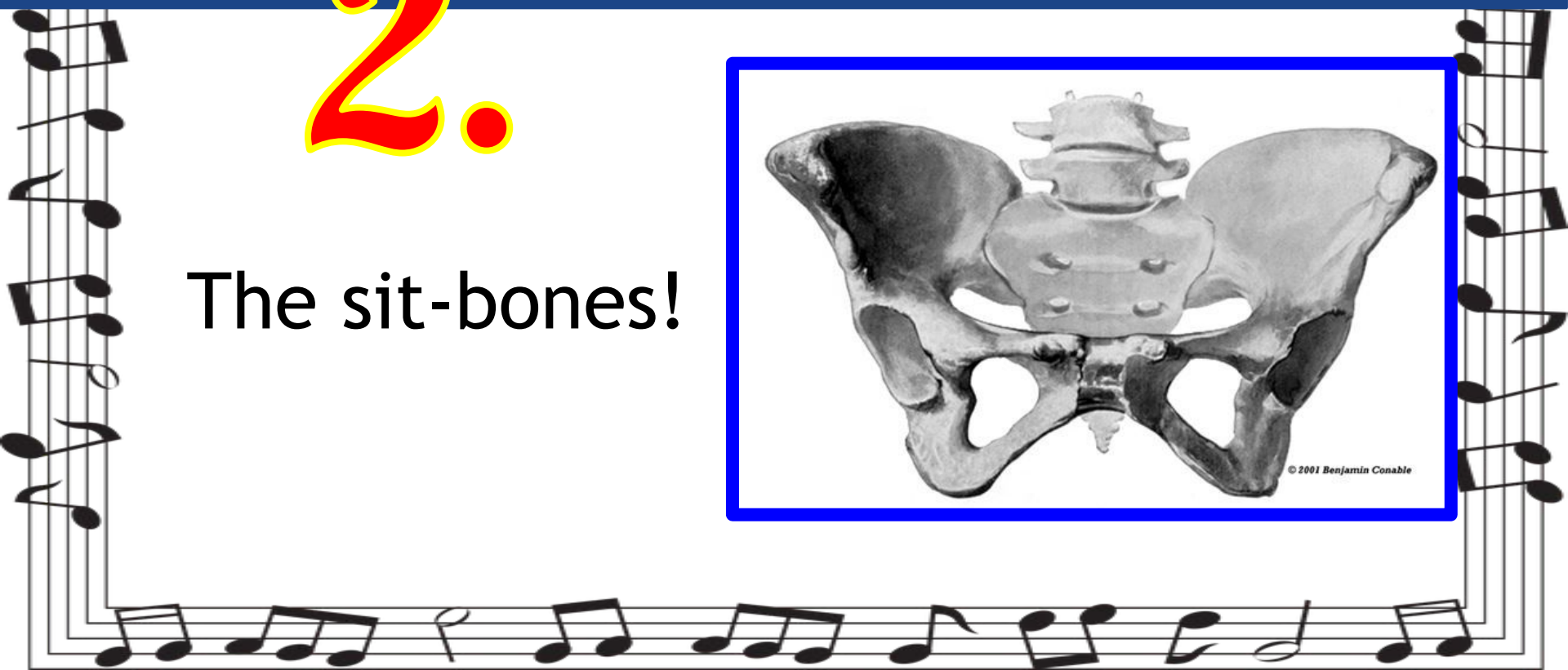
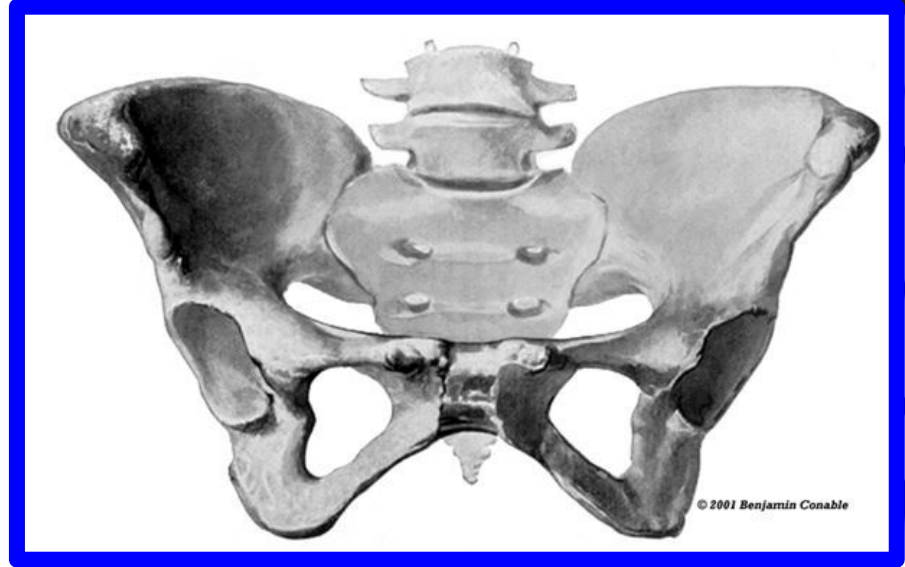
AO joint!

(top of the spine between your ears)

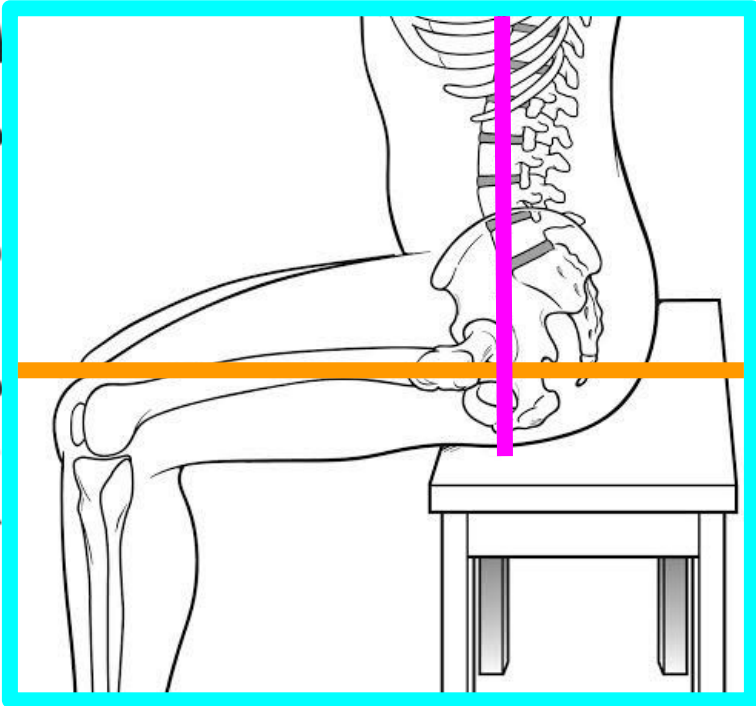


# 2.

The sit-bones!



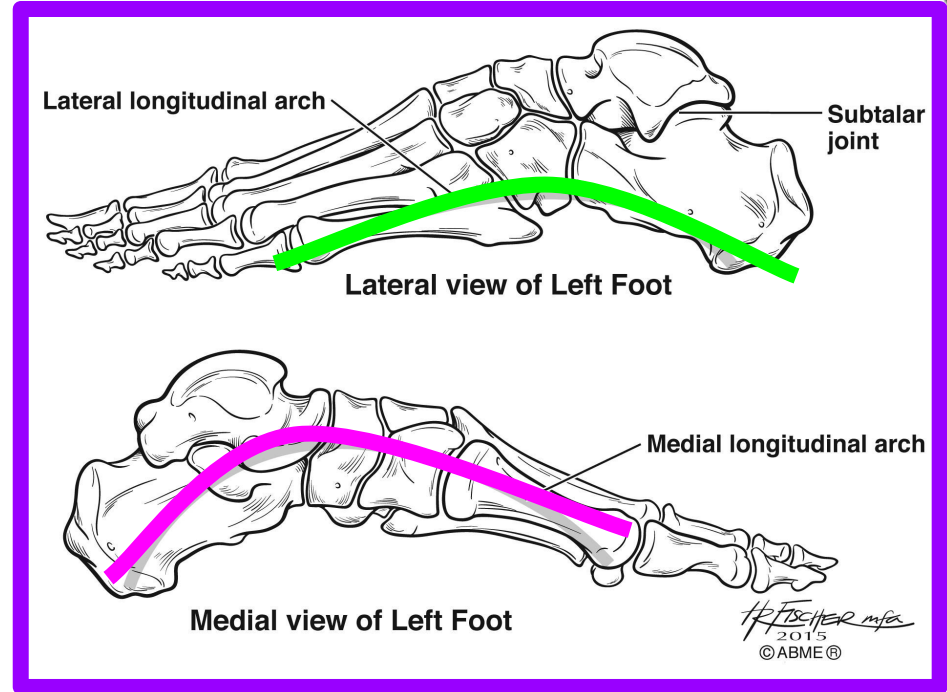
3.



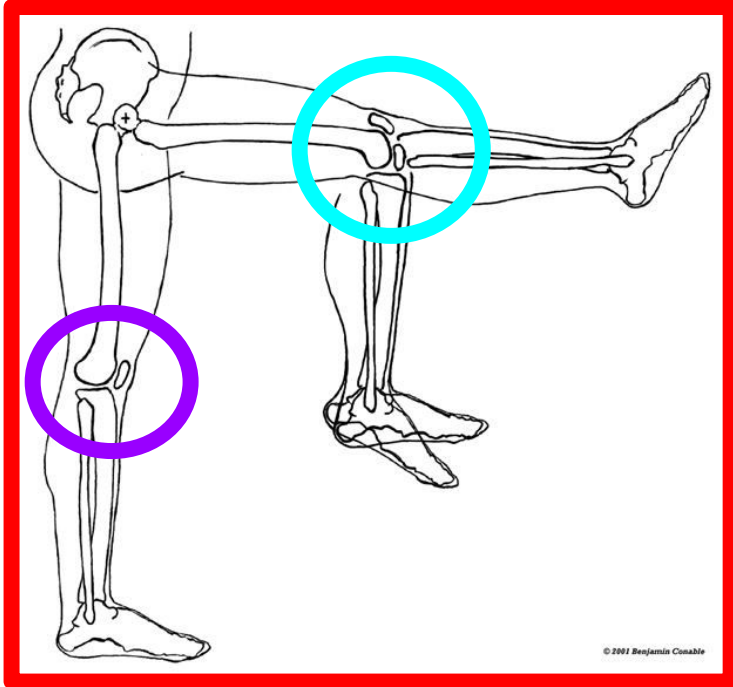
The hip joint!

# 4.

The three  
arches of the  
feet!



# 5.



Your knees are also a place of balance. This is really important when you are standing!

# 6.

Today we are talking about the arm structure!

(this may seem like the most important to string players)



**What bones are included  
in the arm structure?**  
(Can you name any?)

0? 2? 8?

How many are there?

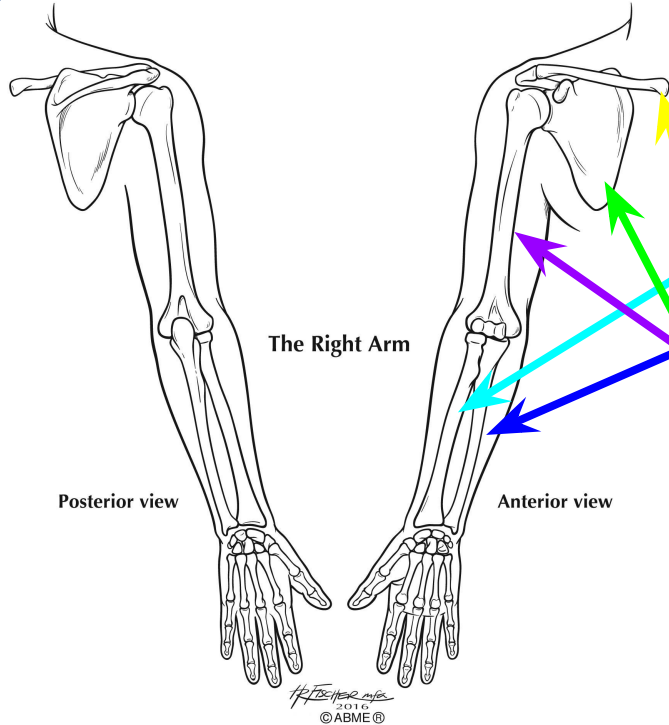
4? 152? 1?



There are **5** big bones!  
(there are 27 little ones in the hand and wrist)



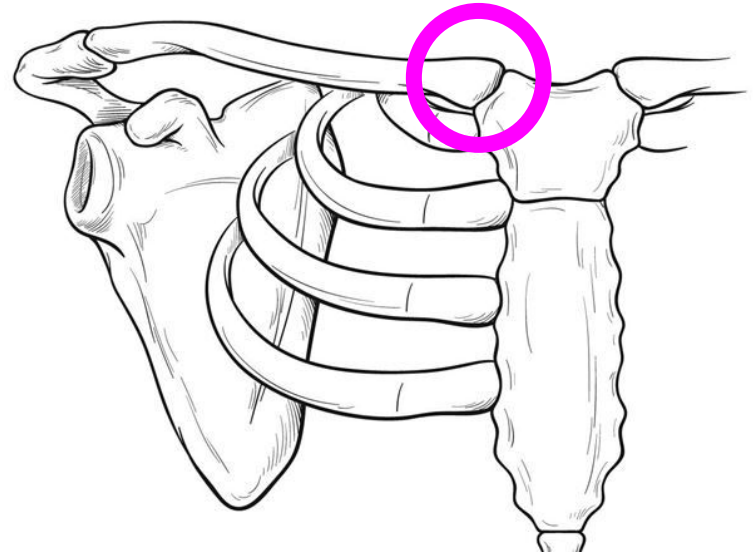




The 5 bones are:

1. Radius
2. Ulna
3. Humerus
4. Scapula
5. Clavical

Your arm is  
attached to your  
body by one tiny  
spot...and a lot of  
muscles!



Put your finger on your collarbone.  
Then try to swim with your other arm.  
Do you feel it moving?

Can you move your arm without moving your  
clavicle or collarbone?

Try laying on the floor  
and gently pulling up on  
one arm.  
You should feel your  
scapula or your shoulder  
blade move around your  
body and off the floor like  
a train.



Watch  
Ms. Ross  
try it!

This is called


***Humeroscapular***

***Rhythm***

All **32** of your arm bones

should move on **EVERY**

bow stroke!

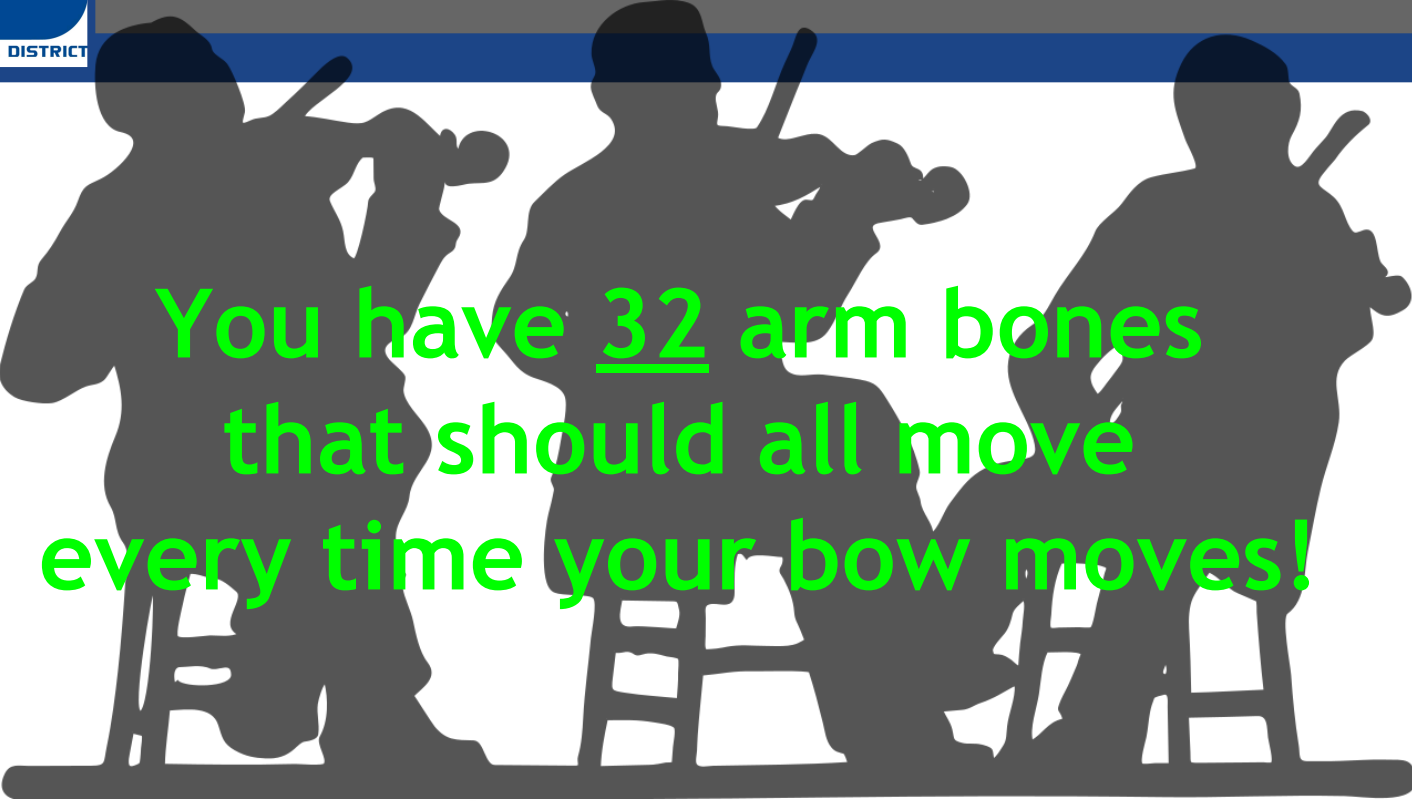
A young woman with her hair in a bun is playing a violin. The background is a soft-focus bokeh of warm, golden-yellow circles. The entire scene is framed by a decorative border of musical notes on staves. The text is centered over the image in a blue, sans-serif font.

Try playing and see if you can feel  
your shoulder blade moving!

# Review

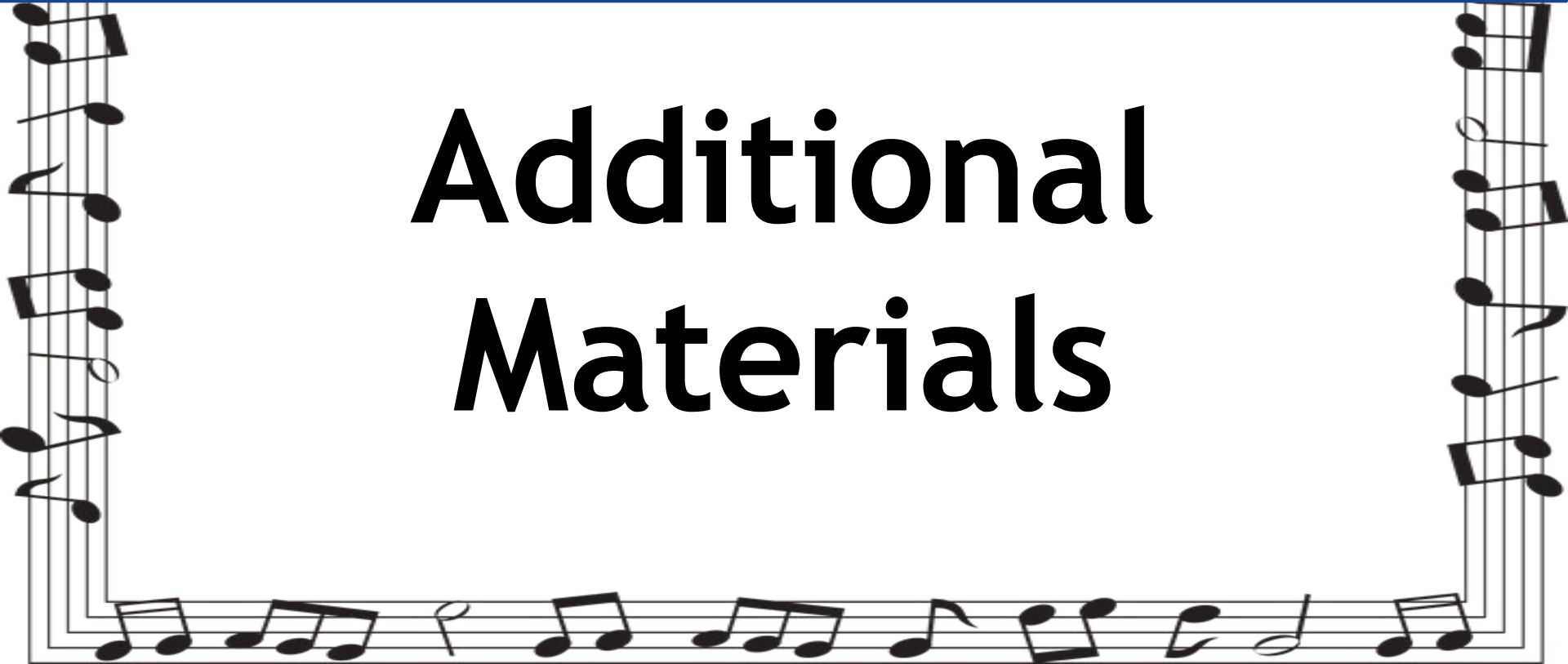




Three black silhouettes of violinists are shown from the back, seated on chairs and playing their violins. They are positioned in the center of the image. The background is white with a blue horizontal band at the top. The entire scene is framed by a decorative border of musical notes on staves.

You have 32 arm bones  
that should all move  
every time your bow moves!

# Additional Materials

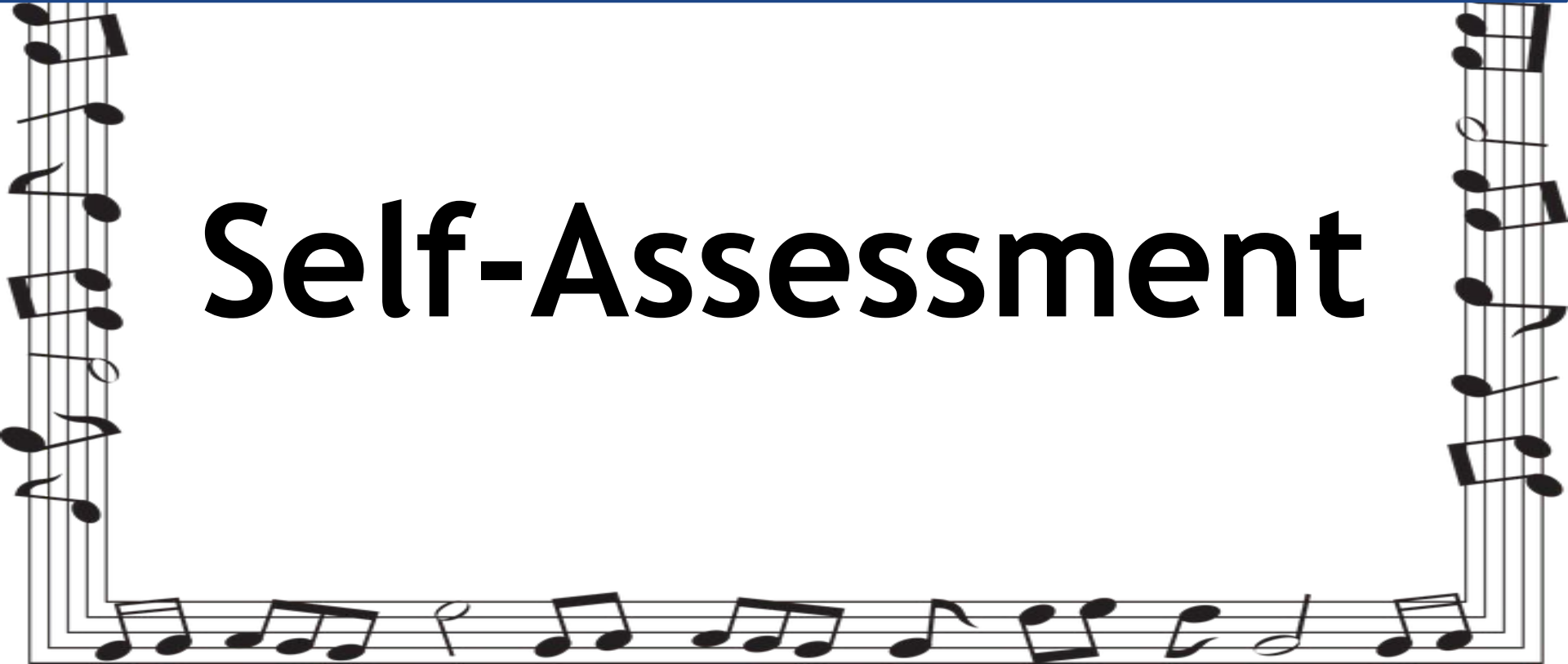


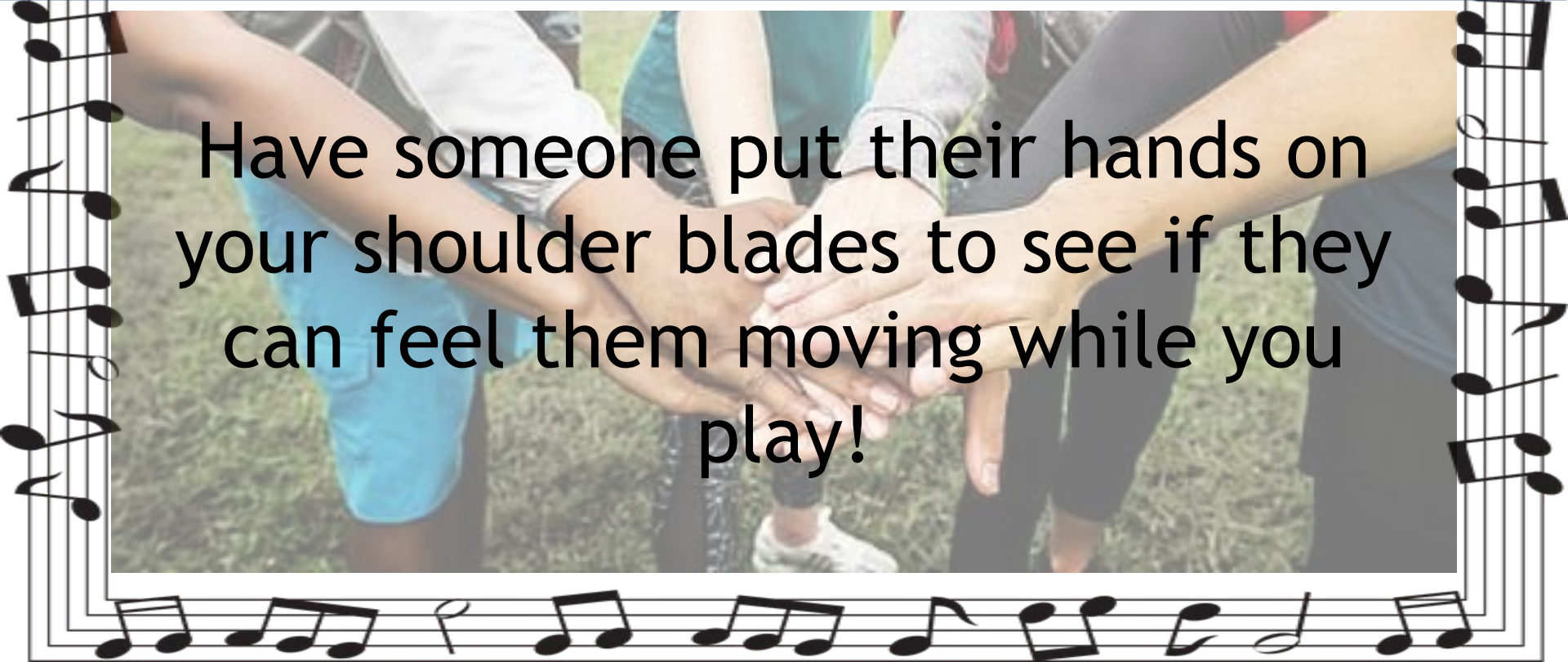


Watch these professionals!



# Self-Assessment





Have someone put their hands on your shoulder blades to see if they can feel them moving while you play!