



Music Virtual Learning

Philharmonic Orchestra

April 27, 2020



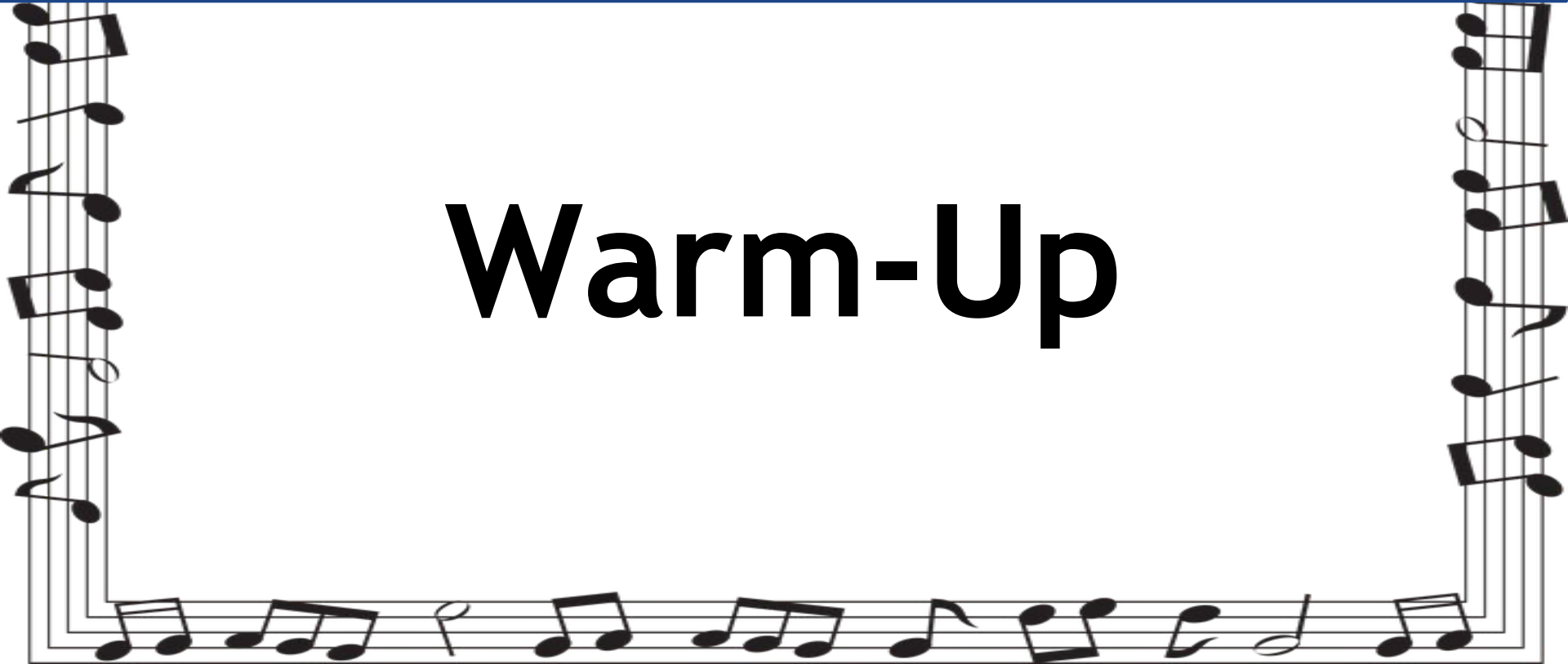
Philharmonic Orchestra

Lesson: April 27, 2020

Objective/Learning Target:

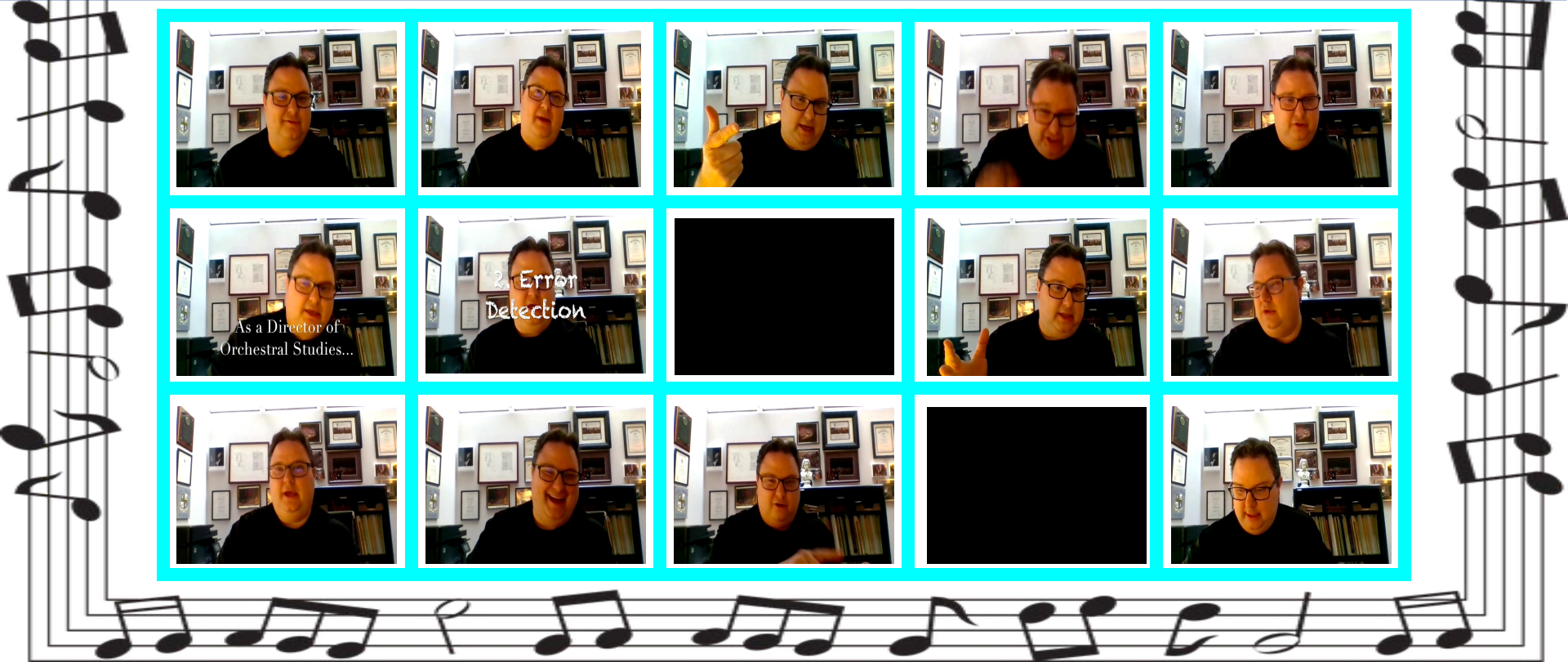
Students will understand what makes up their arm structure.

Warm-Up



What does a conductor do?

Watch the following videos

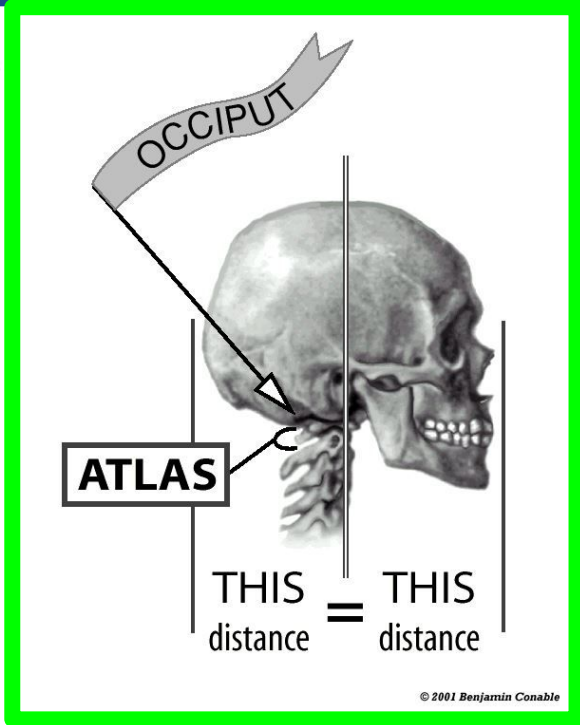


Lesson



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

Can you name them?



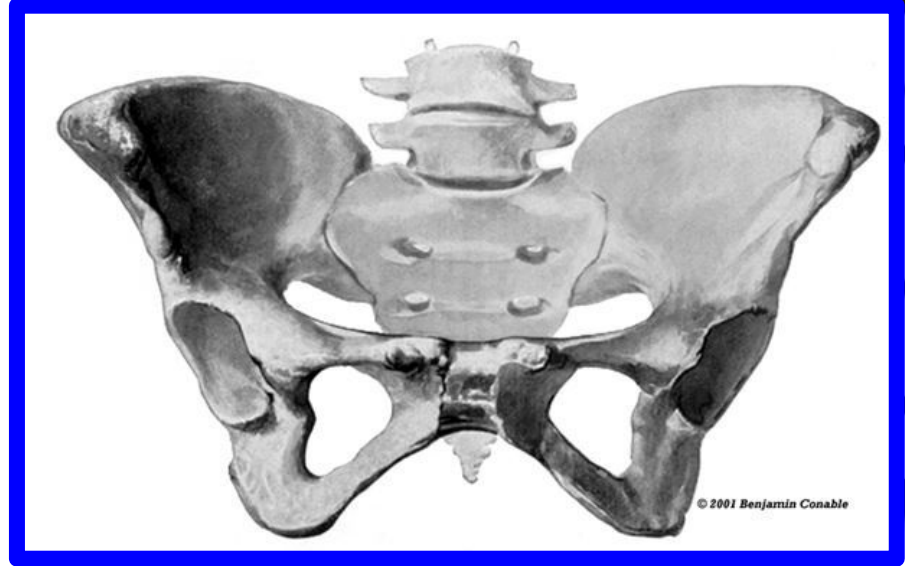
1.

AO joint!

(top of the spine between your ears)

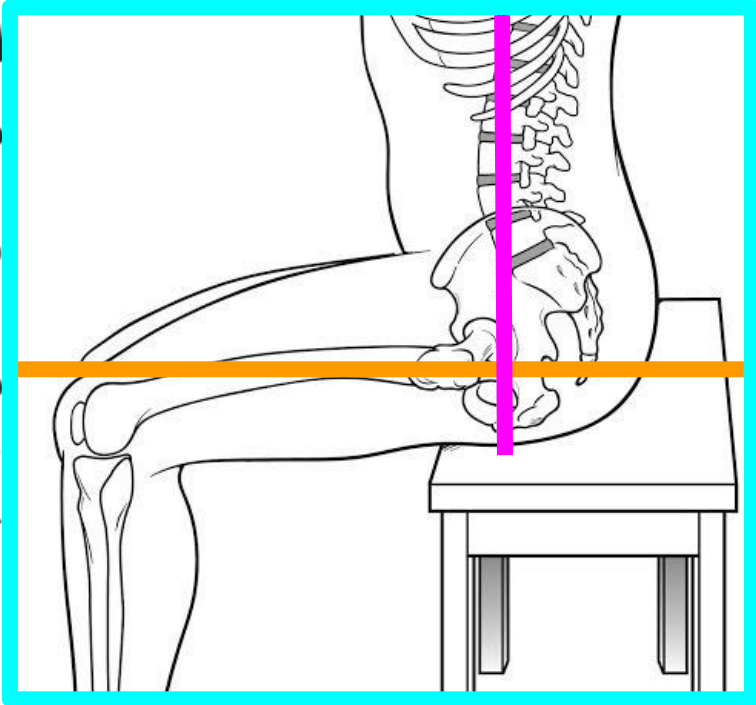
2.

The sit-bones!



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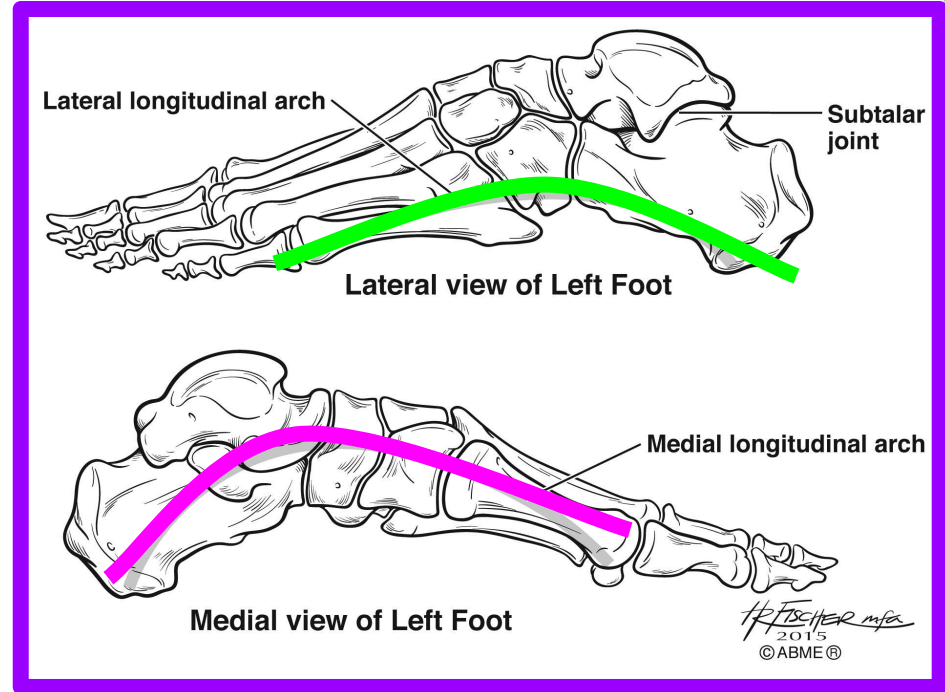
3.



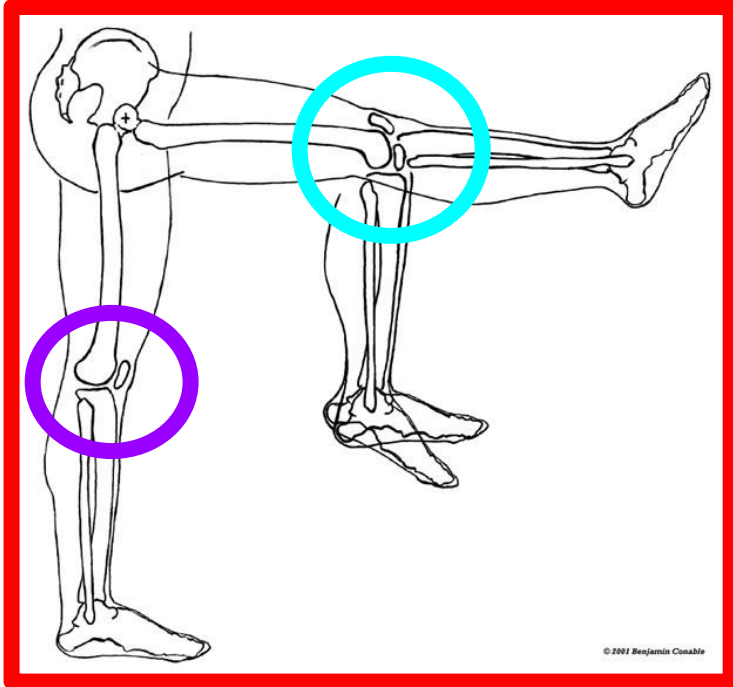
The hip joint!

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?

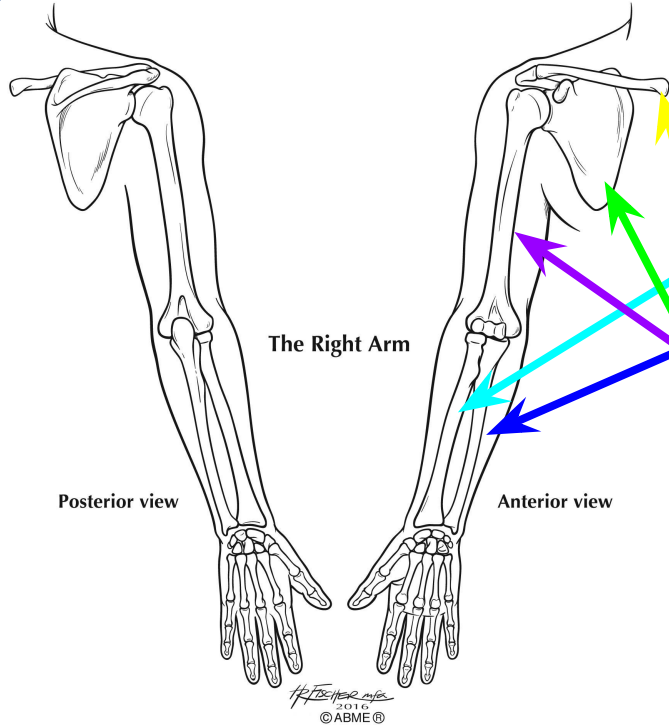
How many are there?

4? 152? 1?



There are **5** big bones!

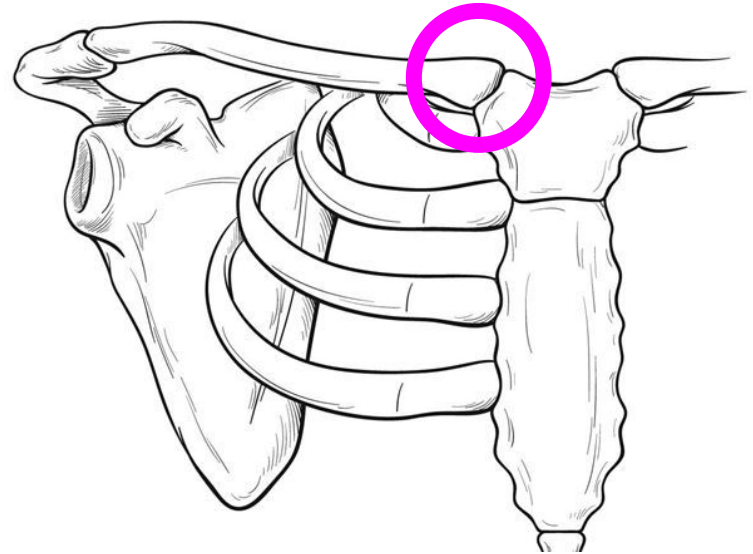
(there are 27 little ones in the hand and wrist)



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**

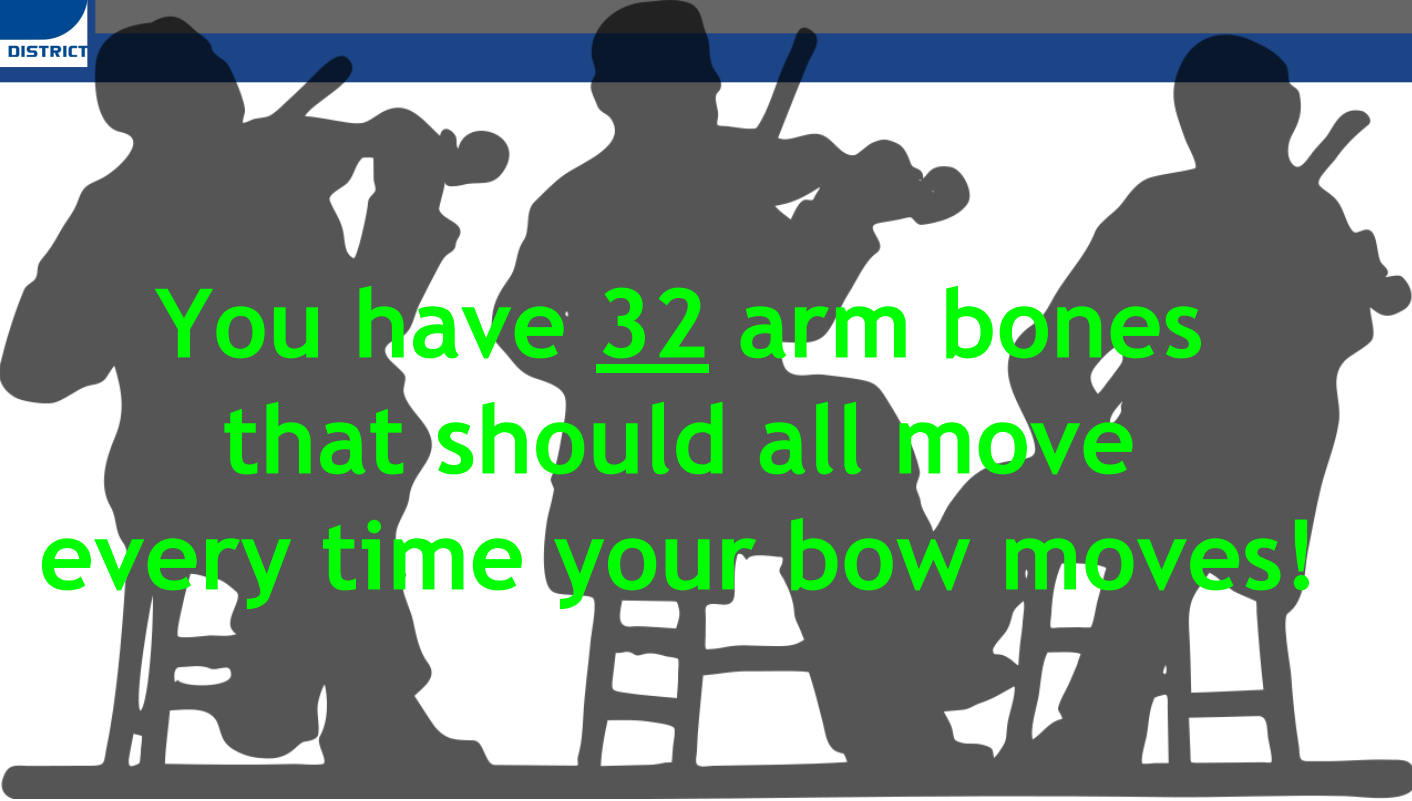
bow stroke!

A young woman with her hair in a bun is playing a violin. She is looking down at the instrument with a focused expression. The background is a soft, out-of-focus bokeh of warm, golden-yellow circles. The entire scene is framed by a decorative border of musical notes on staves, with notes appearing on the left, right, and bottom edges.

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

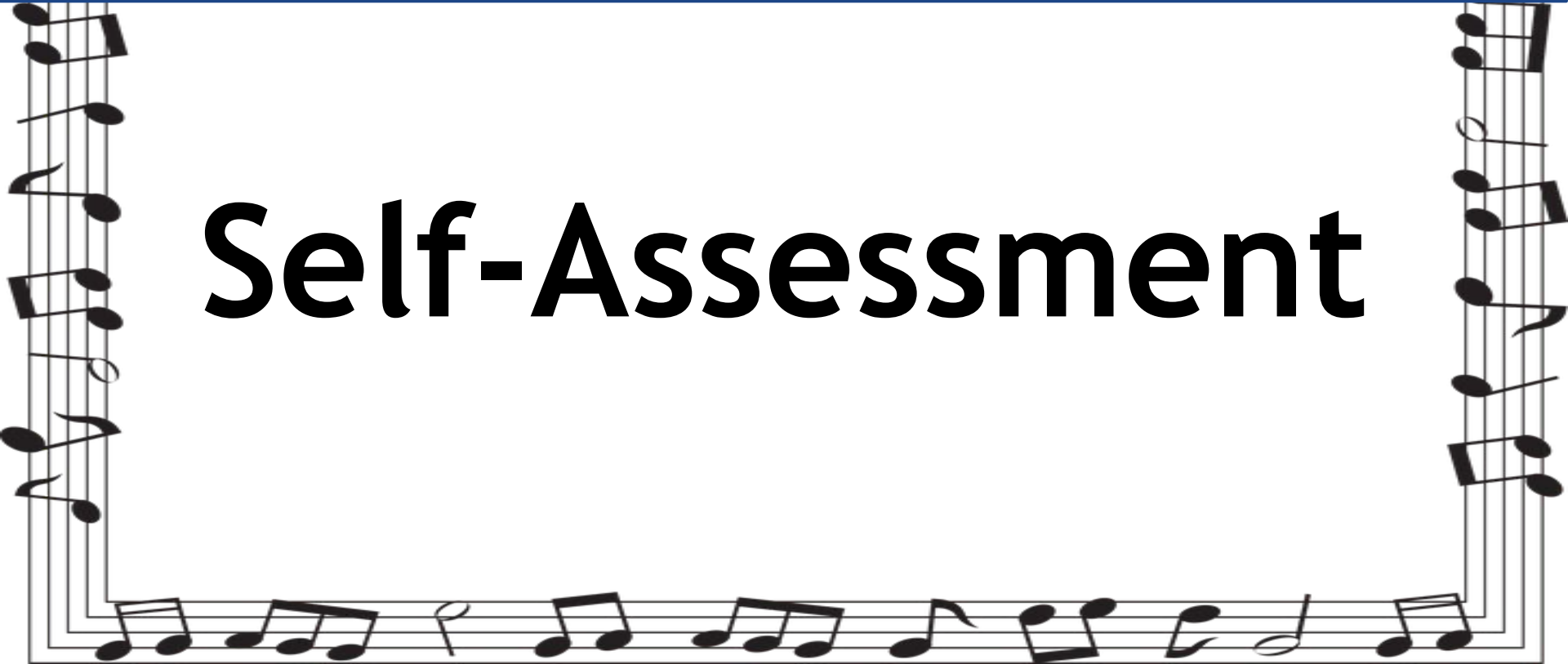


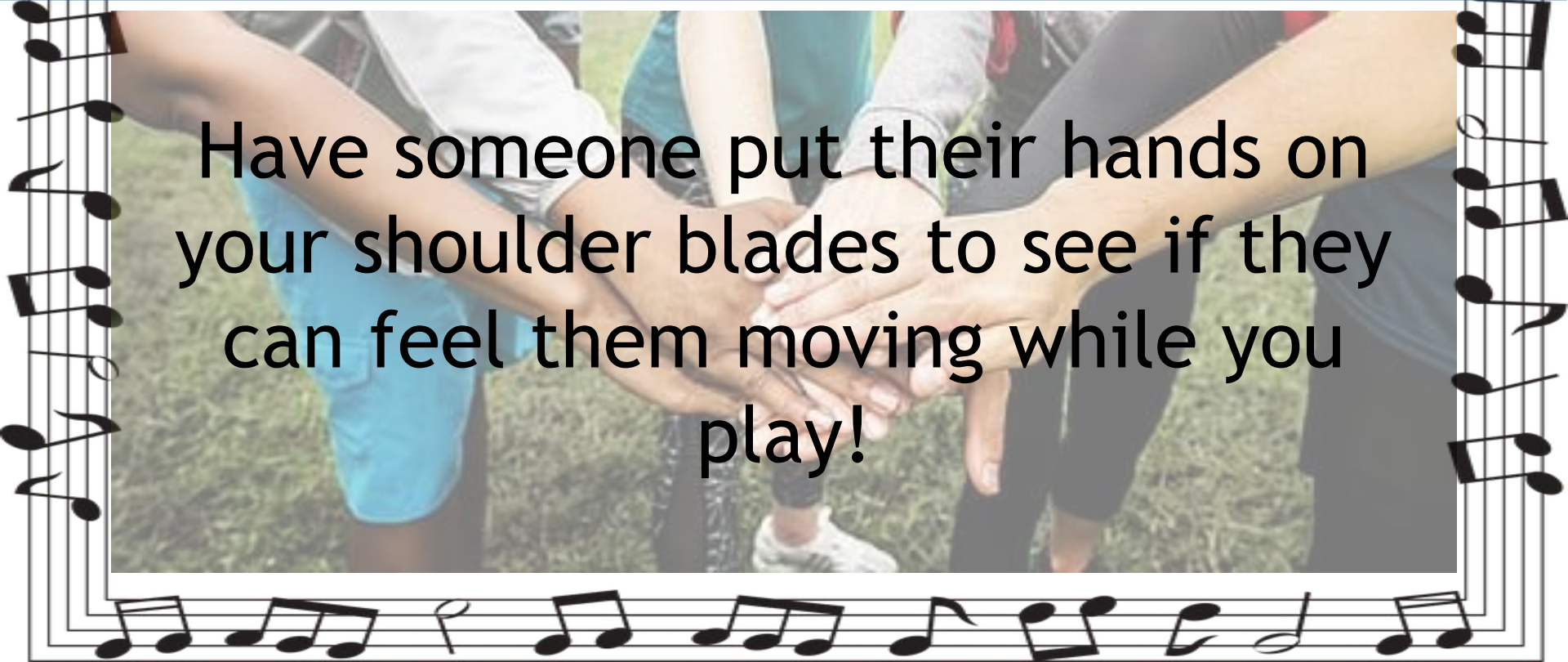


Watch these professionals!



Self-Assessment



A photograph of several people standing in a circle on a grassy field, with their hands stacked on each other's shoulders. The image is framed by a decorative border of musical notes and staff lines. The text is centered over the photograph.

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