



Music Virtual Learning

Philharmonic Orchestra

May 11, 2020



Philharmonic Orchestra

Lesson: May 11, 2020

Objective/Learning Target:

Students will understand balance as a home base not a locked position.



Warm-Up



Let's Practice!

Step 1

Set up a comfortable place!

Leave it set up all the time!

Unpack your instrument and leave it out!

(or in it's case in the space for safety)

SET UP YOUR MUSIC!

The background features a large, vibrant pink starburst shape in the center. Overlaid on this is a smaller, bright cyan starburst. The word "Lesson" is written in a bold, black, sans-serif font across the cyan starburst. The entire graphic is set against a background of musical staves with various notes and rests, which are partially obscured by the starburst shapes.

Lesson

Points of Balance

- AO Joint
- Sit Bones
- Hip Joints
- Feet
- Knees
- Arms

Balance

is a

Journey

not a

Destination!

Destination

Don't get locked in final place!
Balance is not the place to be ALL
of the time!

Journey

Just like a road trip we move in,
out and through balance!



Can you
see a
difference?

Journey

Destination

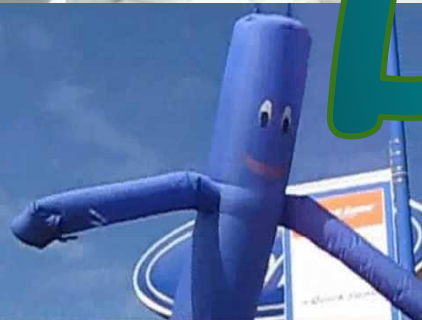


If you feel the urge to
move while you play,

You should!

Try writing some movements in your music
going in and out of

Balance!



← You should feel like this!



The graphic features a central blue starburst shape with the word "Review" in black text. This starburst is surrounded by a larger, multi-layered pink starburst. The background is white with black musical notes and staff lines arranged in a rectangular border around the central elements.

Review



**Don't hold one
position throughout
an entire song!**



Additional Materials

Review previous lessons regarding balance!

Virtual Learning Resources

All of the Monday lessons include Balance!



Self-Assessment

Choreograph

Your favorite song!

Play through