



Music Virtual Learning

Philharmonic Orchestra

May 18, 2020



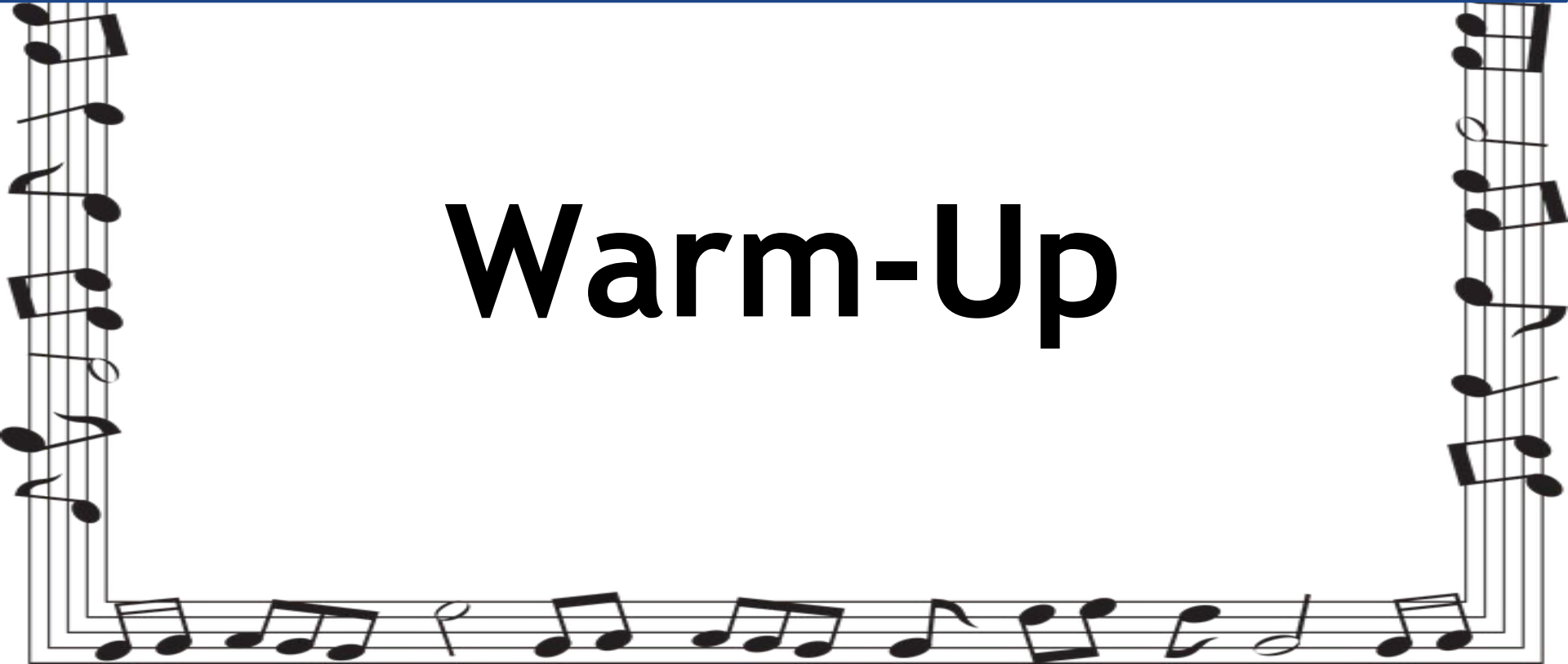
Philharmonic Orchestra

Lesson: May 18, 2020

Objective/Learning Target:

Students will associate anatomical knowledge with healthy movement.

Warm-Up



Summer Goal:

Find music to
play!!

I DON'T ALWAYS
SOUND THIS GOOD

BUT WHEN I DO,
IT IS BECAUSE
I PRACTICED.

YOUR FACE WHEN YOU DIDNT

PRACTICE YOUR INSTRUMENT ALL
SUMMER

400 x 300

meme-generator.net

Considerations when searching for music:

- Is it for your instrument? (Note: "C instrument" also works)
- Is it in the correct clef? (Treble, Bass or Alto)
- Is it my level?
 - Do I know the notes?
 - Key signature
 - Accidentals (sharps, flats, naturals)
 - Fingerings
 - Can I read the rhythms?
- Are there any other techniques I need to know? (Shifting, bowing techniques, etc.)

Look especially for pieces that are arranged for your instrument and your level!

Here are some websites to get you started in exploring music (and new lessons/skills) for your instrument!

[Fiddlerman: Violin studies, etudes and music](#)
[Violin Online - Free Violin Sheet Music](#)

[Free Viola Sheet Music](#)
[Violaman Sheet Music](#)

[Free Cello Sheet Music](#)
[Easy cello sheet music for beginners | Free printable PDF cello sheets](#)

[Free Bass Sheet Music](#)
[Dr. Michael Montgomery Bass Music](#)

Lesson





What were your
introductions to anatomy?

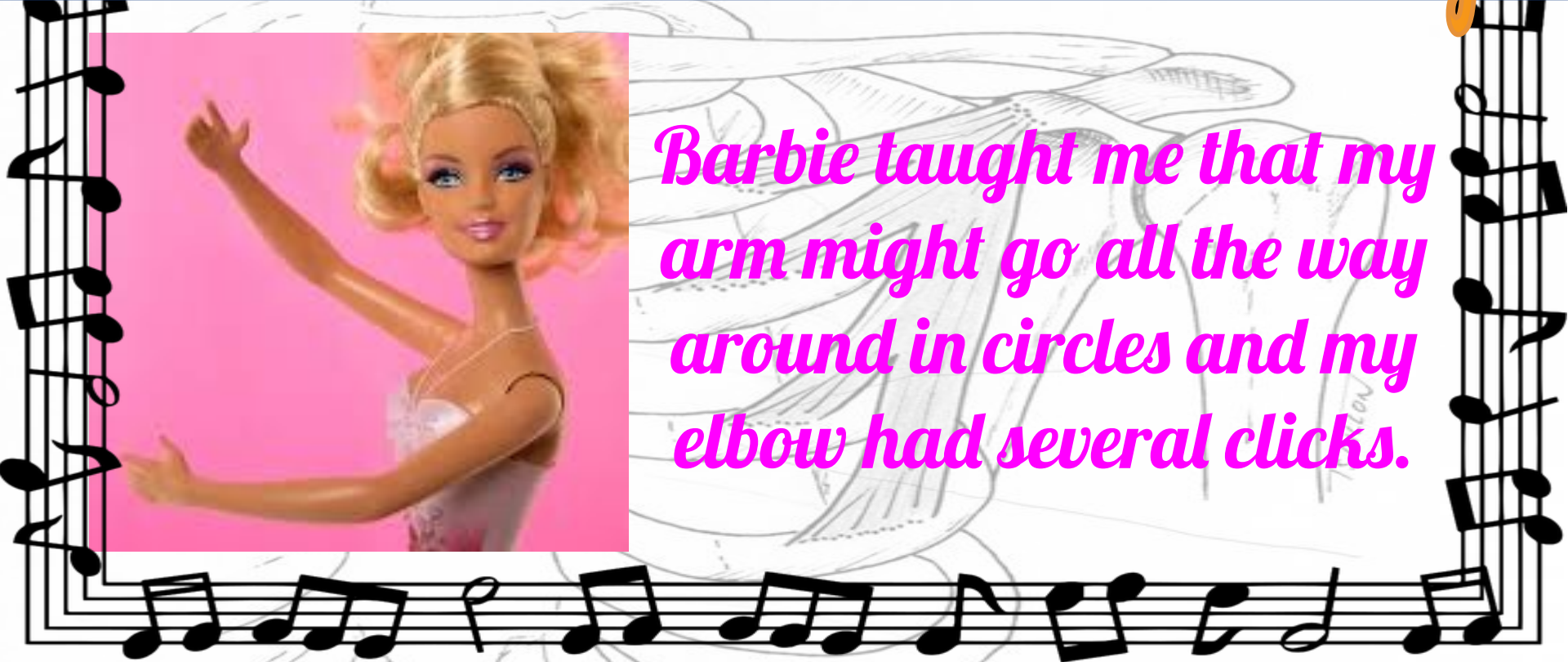
Do these look familiar?



We can learn a lot without "learning"!



Barbie taught me that my arm might go all the way around in circles and my elbow had several clicks.

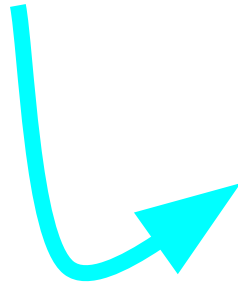
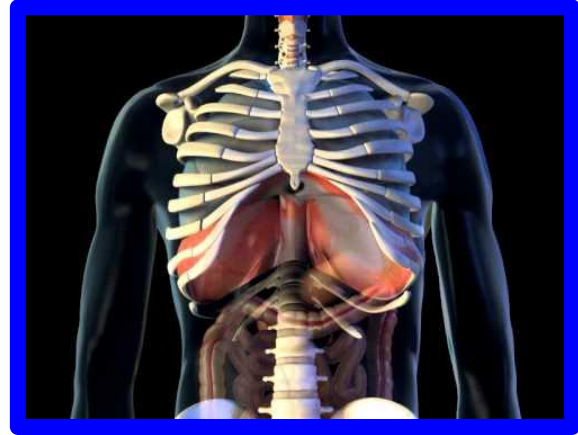


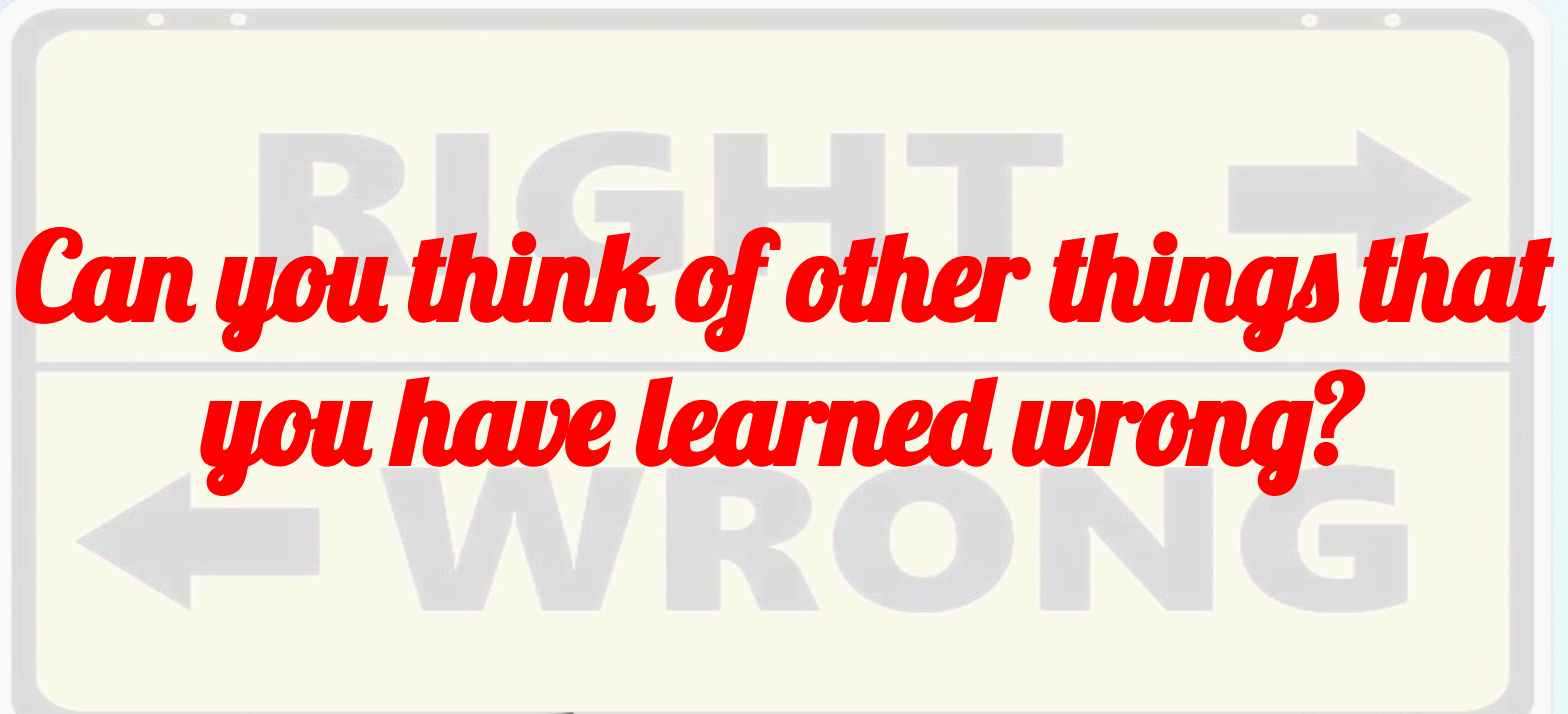
Turns out Barbie was WRONG!



What about breathing?

How does your doctor ask you to breath? Does it look like this or this?



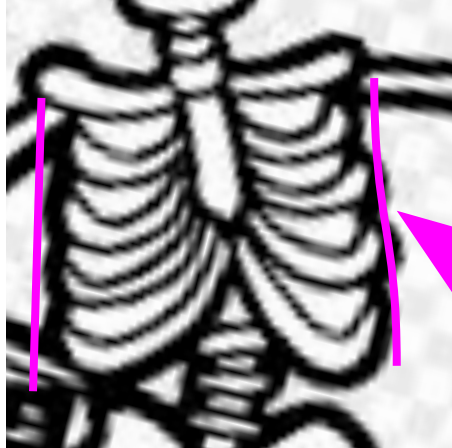


***Can you think of other things that
you have learned wrong?***

Ms. Ross' Mis-Mappings

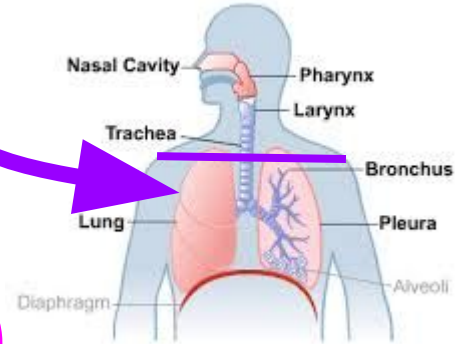


Joints



Rib Cage Shape

Lung Placement



Ms. Ross' New Understanding

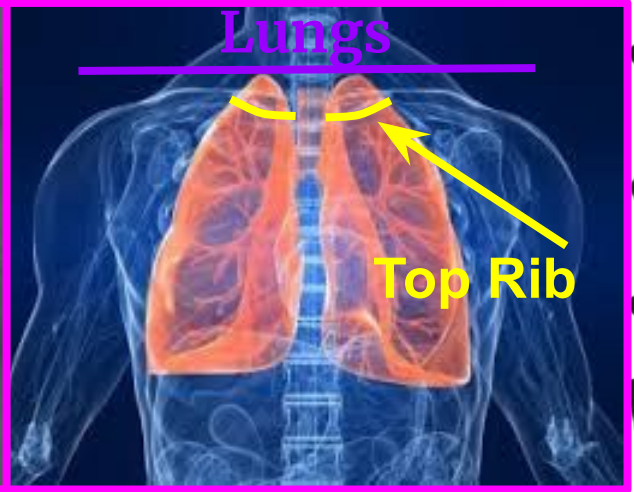
Real Joint



Rib Cage Shape



Lung Placement



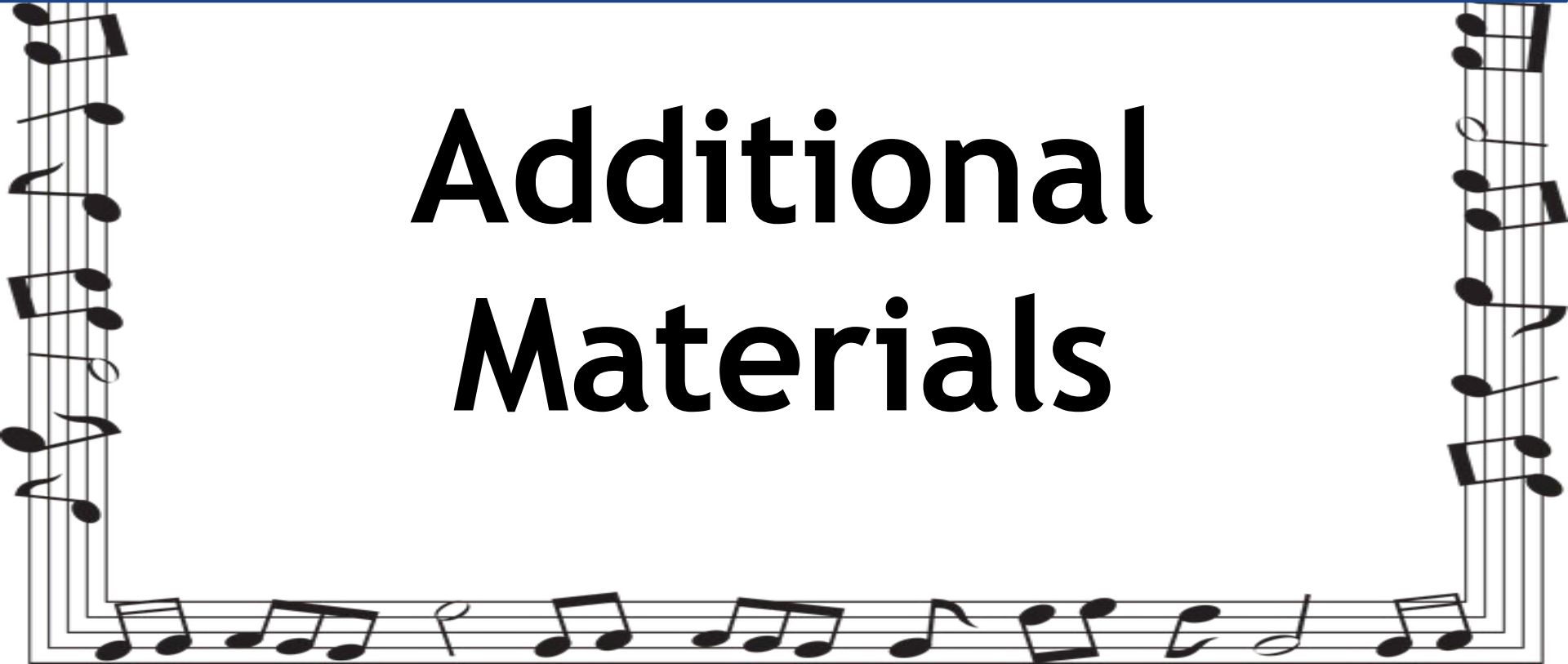
Review

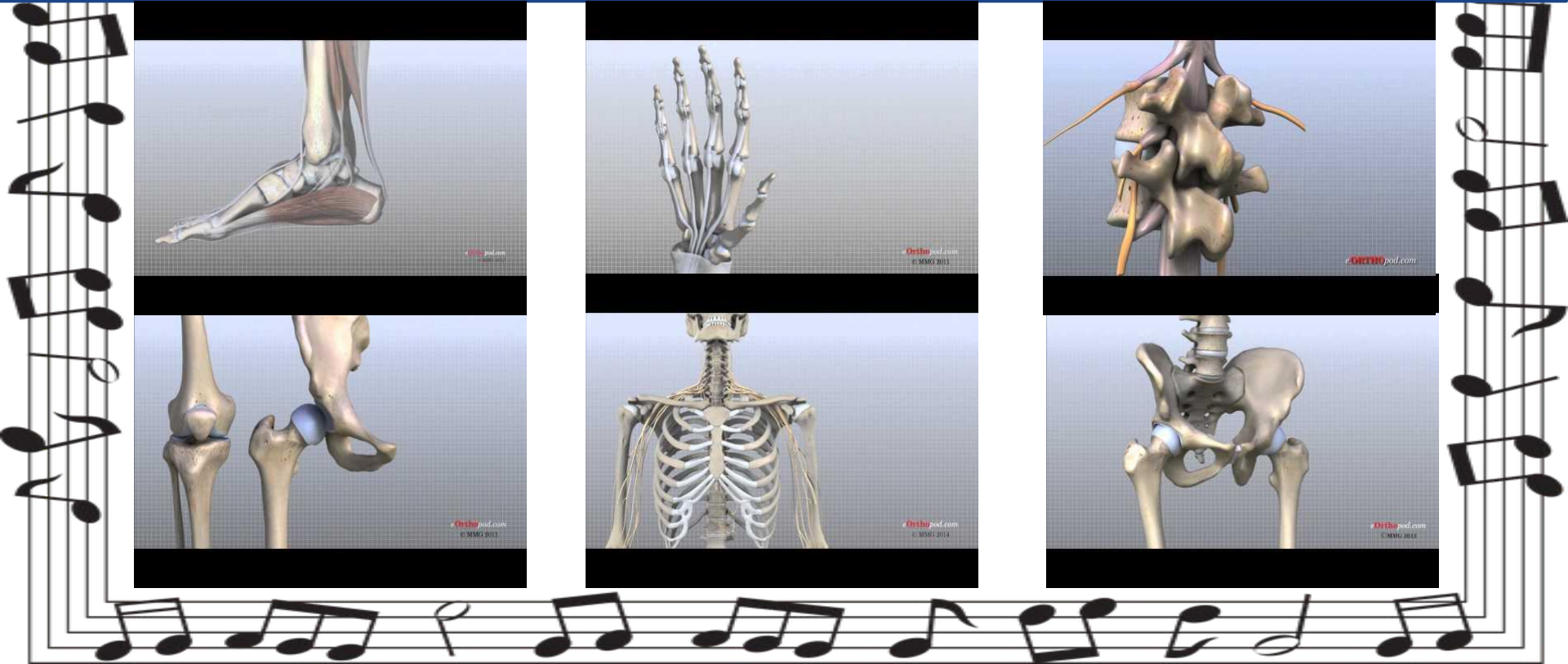
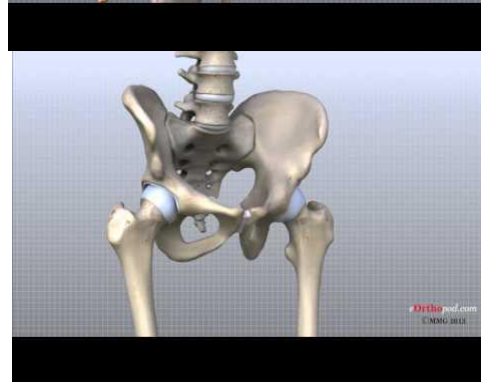
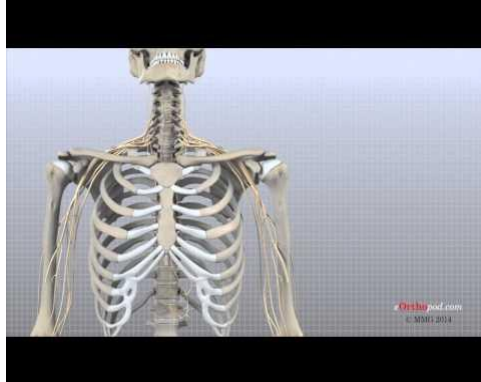
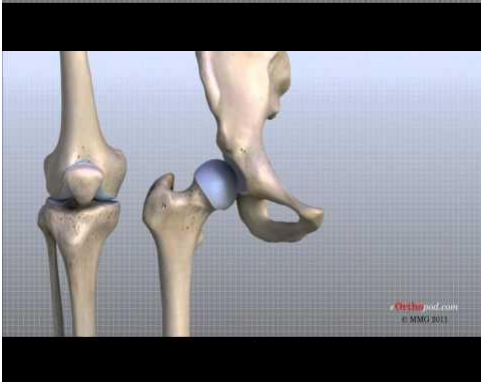
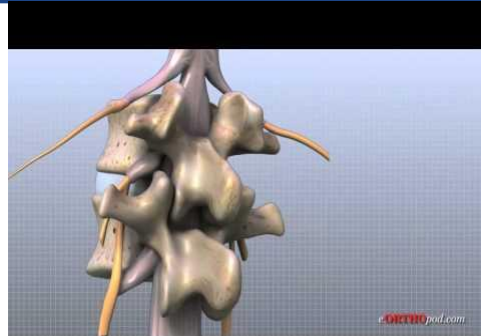


The power of intentional movement can enhance musicians' expressive capabilities while preventing, reducing, and eliminating performance-related injuries. Clear, concise, and practical information about movement rounds out "what every musician needs to know about the body."

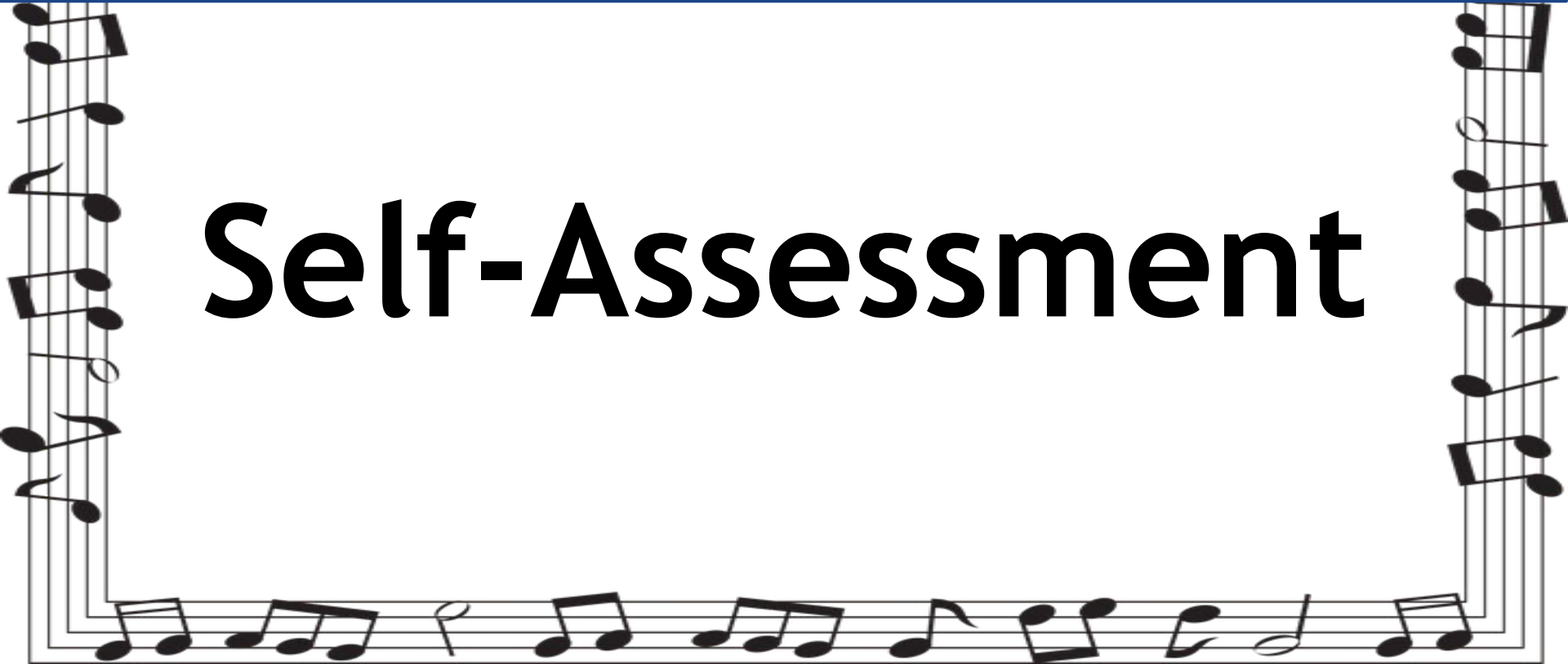
www.bodymap.org

Additional Materials





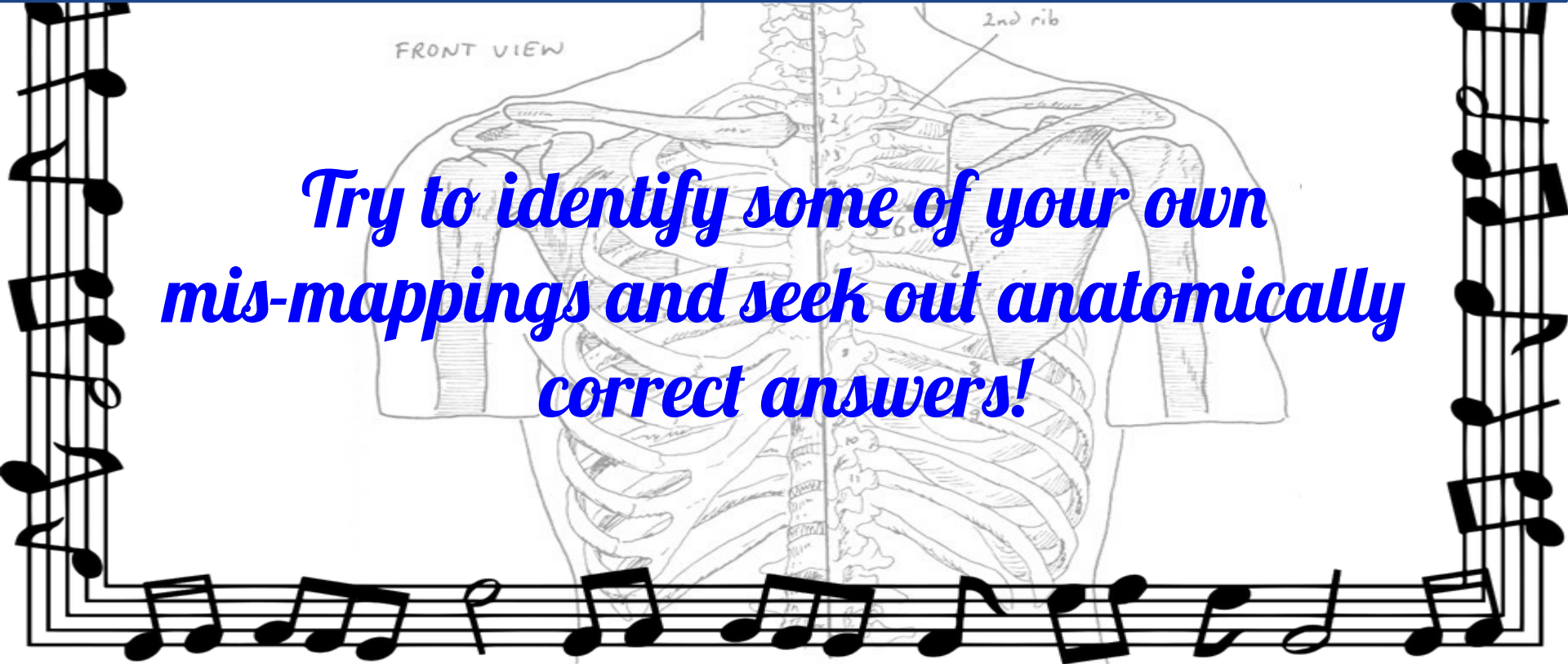
Self-Assessment



FRONT VIEW

2nd rib

*Try to identify some of your own
mis-mappings and seek out anatomically
correct answers!*





Remember your Points of Balance

Feet

Sit Bones

Knees

AO Joint

When Researching

Arms

Hip Joints



FRONT VIEW

2nd rib

*Try to identify some of your own
mis-mappings and seek out anatomically
correct answers!*

