

A decorative border made of musical staves and notes surrounds the text. The top staff starts with a treble clef and contains a sequence of notes. The bottom staff also contains a sequence of notes. The left and right sides feature vertical staves with notes, some of which are oriented vertically.

# Concert Orchestra

Lesson: April 6, 2020

## **Learning Target:**

Students will be able to find balance of the head.

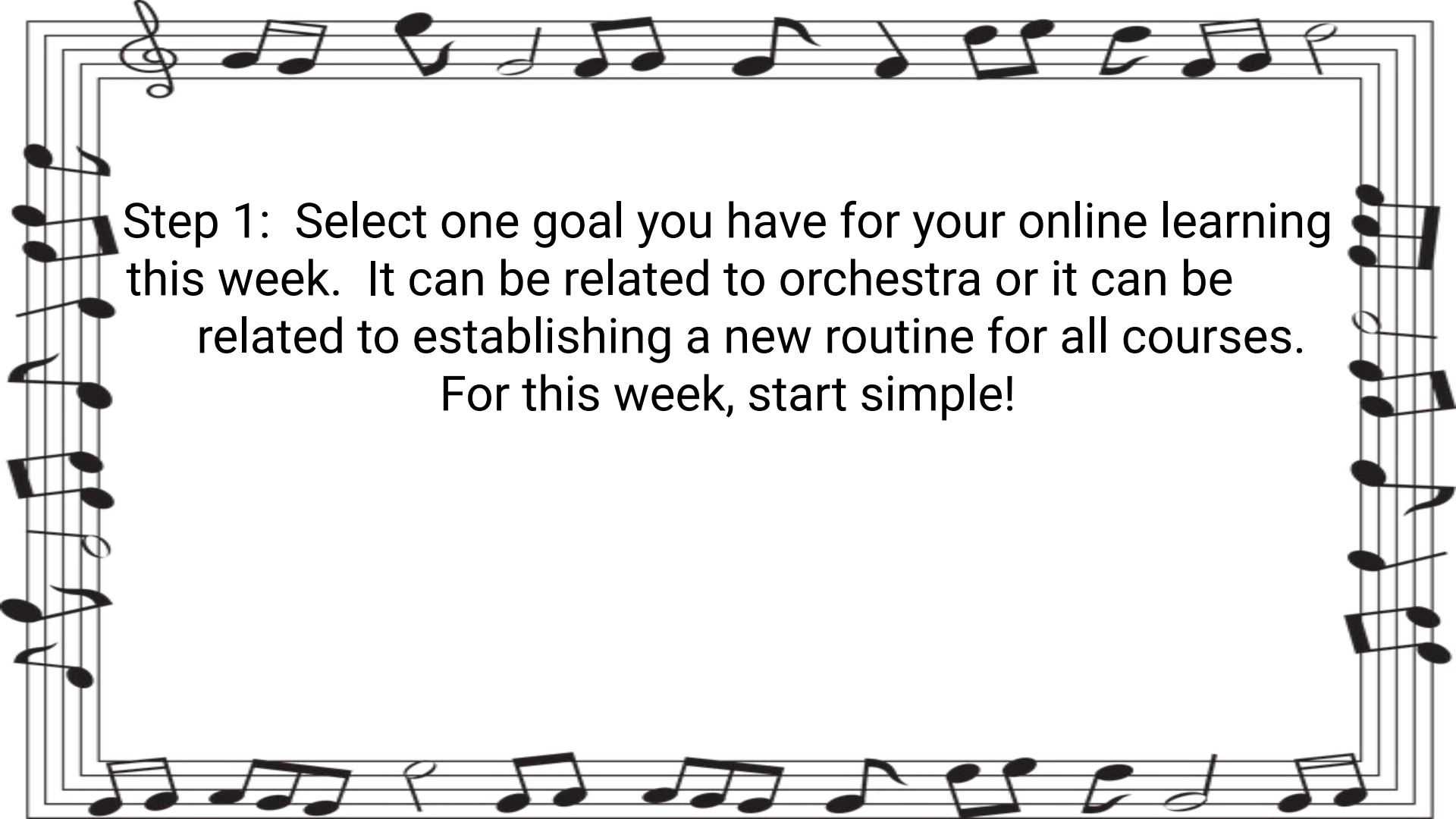
A decorative border of musical notation surrounds the central text. The border consists of a single staff of music with various notes, including quarter, eighth, and sixteenth notes, and rests, arranged in a rectangular frame. The notes are black on a white background.

# Warm-Up

A decorative border made of musical staves and notes surrounds the text. The top staff starts with a treble clef and contains a sequence of notes. The bottom staff also contains a sequence of notes. The left and right sides feature vertical staves with notes, some of which are partially cut off by the edge of the page.

## Goal Setting Warm-Up Activity

Your orchestra teachers understand that this a time of transition and challenges for all of us.  
While we establish a new routine, let's establish some goals to help us stay on track!

A decorative border made of musical staves and notes surrounds the text. The top staff contains a sequence of notes: a treble clef, a quarter note G, an eighth note A, a quarter note B, a half note C, a quarter note D, an eighth note E, a quarter note F, an eighth note G, a quarter note A, and a half note B. The bottom staff contains: a quarter note C, an eighth note D, a quarter note E, a quarter note F, an eighth note G, a quarter note A, an eighth note B, a quarter note C, a quarter note D, an eighth note E, a quarter note F, and a half note G. The left and right sides feature vertical staves with various musical notes and stems.

Step 1: Select one goal you have for your online learning this week. It can be related to orchestra or it can be related to establishing a new routine for all courses.  
For this week, start simple!

A decorative border of musical notation, including a treble clef, various note values (quarter, eighth, and sixteenth notes), and rests, arranged in a rectangular frame around the central text.

Step 2. When establishing a goal, verify that it is a SMART goal!

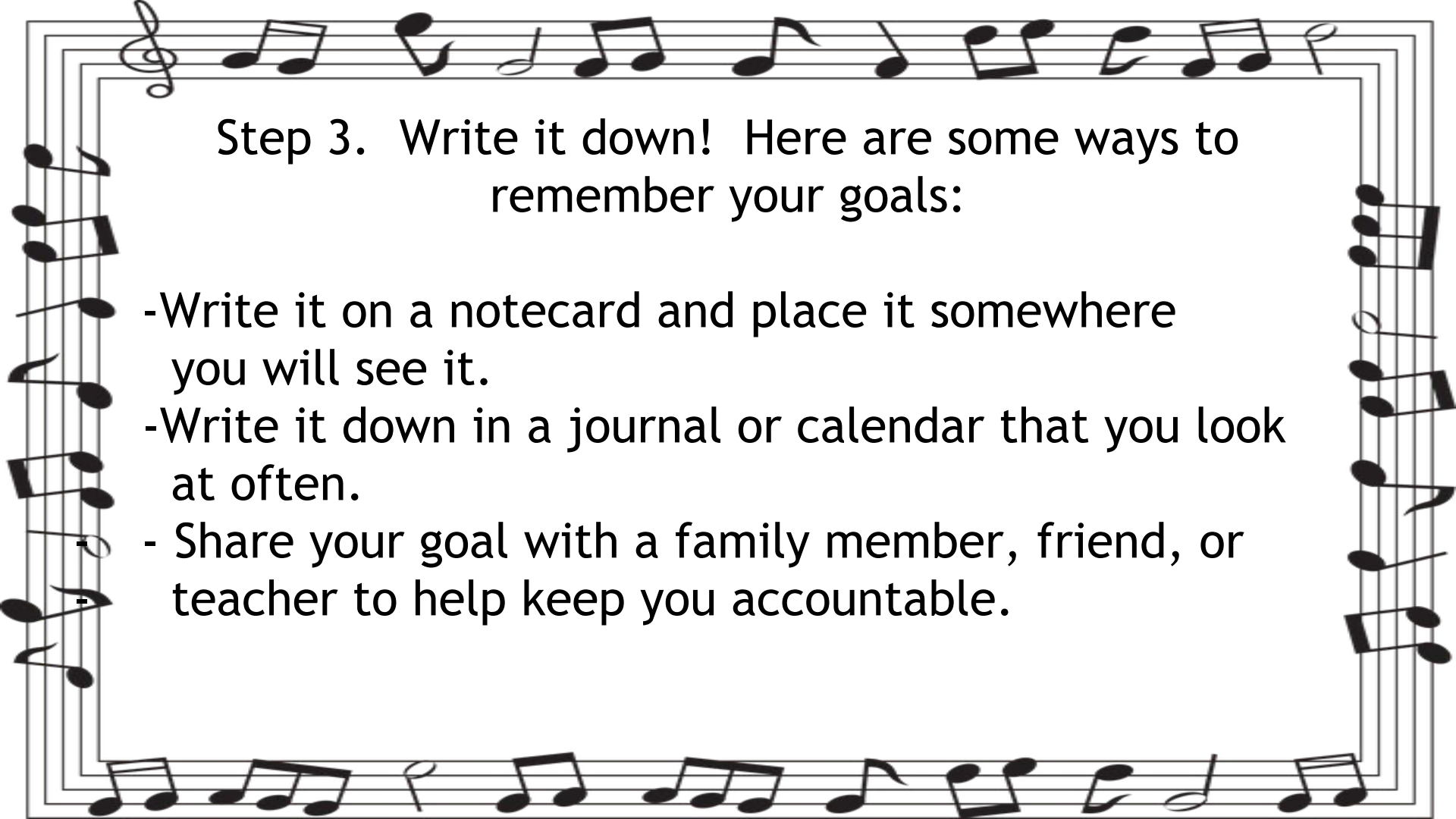
**Specific:** What exactly will you accomplish?

**Measurable:** How will you know when you have reached this goal?

**Achievable:** Is achieving this goal realistic with effort and commitment?

**Relevant:** Why is this goal significant to your life?

**Timely:** When will you achieve this goal?

A decorative border of musical notation surrounds the text. It features a treble clef at the top left, a bass clef at the bottom left, and various notes and rests on a five-line staff that forms a rectangular frame.

Step 3. Write it down! Here are some ways to remember your goals:

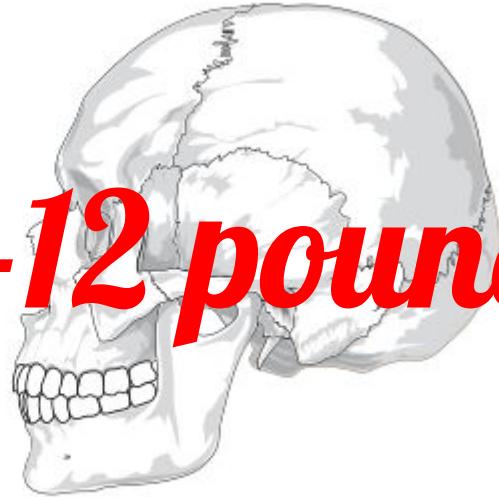
- Write it on a notecard and place it somewhere you will see it.
- Write it down in a journal or calendar that you look at often.
- Share your goal with a family member, friend, or teacher to help keep you accountable.



# Lesson

Do you know how much the  
human head weighs?

***10-12 pounds!***





A decorative border made of musical staves with various notes and symbols, including a treble clef at the top left and a bass clef at the bottom right, framing the central text.

# Figure It Out!

Can you find one of the following items around the house?

- 12 pack of pop
- 1 gallon of water or milk
- 1 gallon of paint
- Bowling ball

Go grab it...we can wait

Hold the item with  
your elbow on the  
table bent up like  
this...

How heavy does  
it feel?



Now grab the handle and slowly  
lower the object like this...



Now how heavy  
does it feel?

A decorative border of musical notation, including a treble clef, various note values (quarter, eighth, and sixteenth notes), and rests, arranged in a rectangular frame around the central text.

## Real Weight...

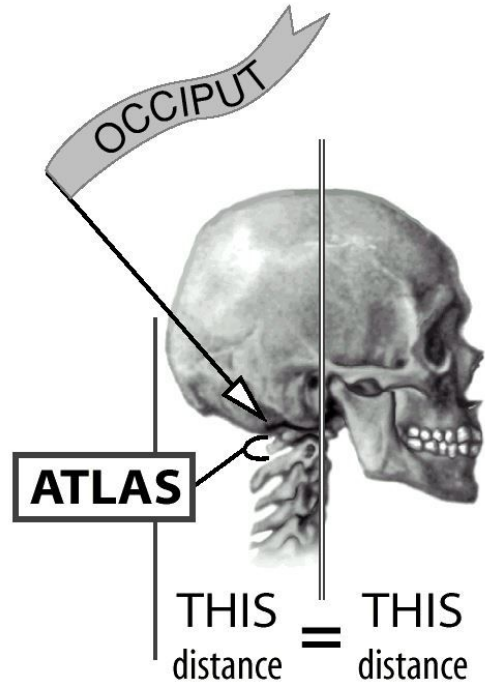
- 12 pack of pop  $\longrightarrow$  10 pounds
- 1 gallon of water or milk  $\longrightarrow$  8 pounds
- 1 gallon of paint  $\longrightarrow$  12 pounds
- Bowling ball  $\longrightarrow$  on average about 11-12 pounds

When you lean your head forward  
all day it is like the item hanging  
off the front of your hand.

How do we balance the head?



On the spine of course!



Find your Atlas and Occiput or

**AO joint.**



To do this, use your index  
finger to find the space  
behind your ear.



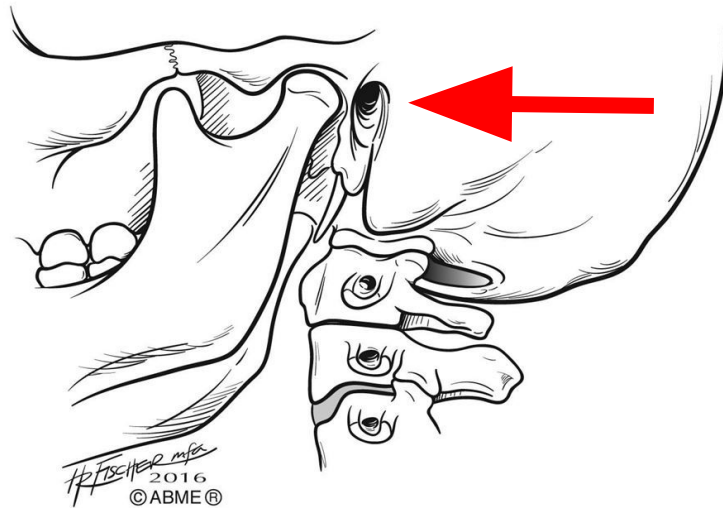
The “holes” or space should be right about here...





JUST KIDDING!!!!

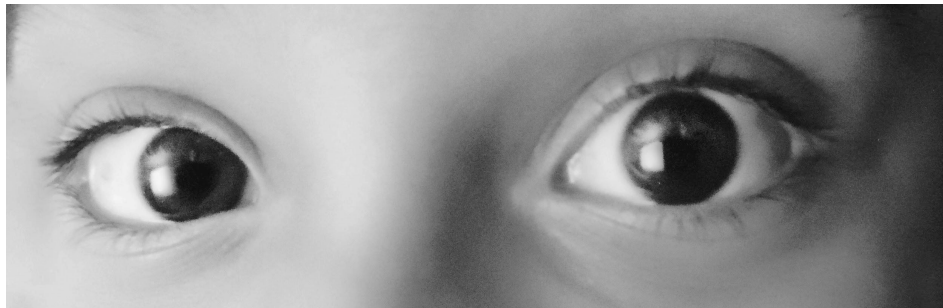
They should be here..



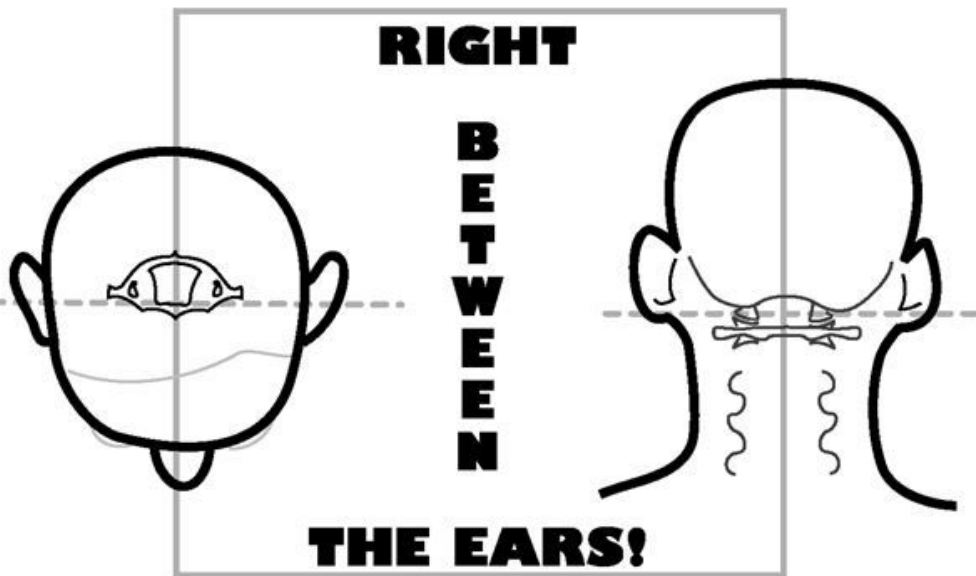
Lateral view of A-O and Atlas-Axis joints

Your index finger should be a pivot point for your jaw and the yes motion.

**Try it...no one is watching!**



That is the very top of  
your spine  
and where  
you balance  
your 11  
pound head!



It should look more  
and feel more like...

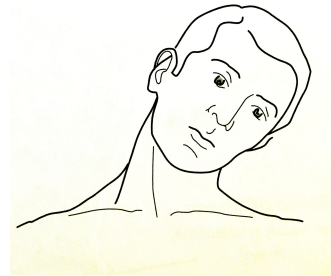


Find your balance!

**Step 1:** Tilt your head

**Step 2:** While tilted shake  
your head “no”.

**Step 3:** Repeat with your head  
tilted to the other side.



When you bring your head back  
up do you feel like this...



A decorative border of musical notation, including a treble clef, various note values (quarter, eighth, and sixteenth notes), and rests, arranged in a rectangular frame around the central text.

Why is this important!?

1. A balanced head creates **free** arms...we need that!
2. A balanced head can **alleviate** back pain!
3. A balanced head **reduces** shoulder tension!



A decorative border of musical notation, including a treble clef, various note values (quarter, eighth, and sixteenth notes), and rests, arranged in a rectangular frame around the central text.

## Try It On Your Own



Grab your instrument

Try to find a balanced head

Play for just a moment

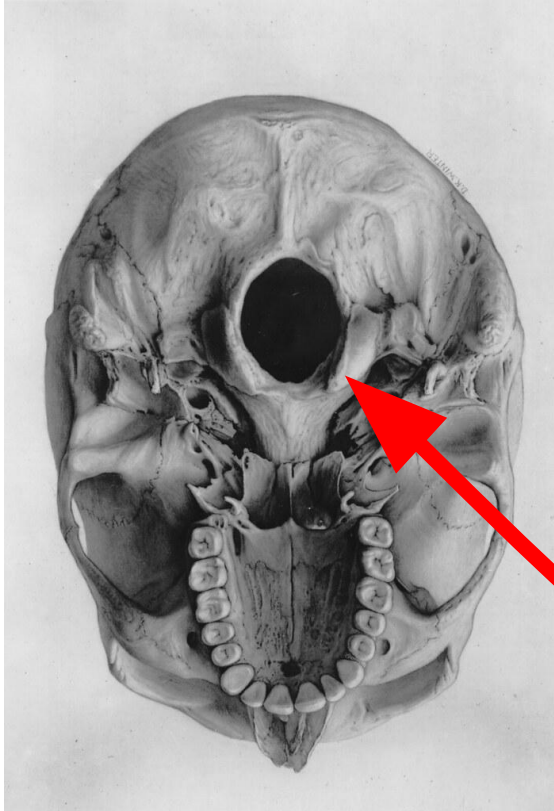
Check if your head is still  
balanced!





# Review

Your  
head  
balances  
here









**You should feel free!**

A decorative border of musical notation surrounds the central text. The border consists of a single staff of music with various notes, including quarter, eighth, and sixteenth notes, as well as rests, arranged in a rectangular frame.

# **Additional Materials**

A decorative border of musical notation, including a treble clef, various note values (quarter, eighth, and sixteenth notes), and rests, arranged in a rectangular frame around the central text.

# Videos

Watch these videos and see what you think about the performers head balance.

1. <https://www.youtube.com/watch?v=124NoPUBDvA>
2. [https://www.youtube.com/watch?v=-RvOORj\\_eIQ](https://www.youtube.com/watch?v=-RvOORj_eIQ)
3. [https://www.youtube.com/watch?v=sR4cND\\_tMU](https://www.youtube.com/watch?v=sR4cND_tMU)

A decorative border of musical notation surrounds the central text. The border consists of a single staff of music with various notes, including quarter, eighth, and sixteenth notes, and rests, arranged in a rectangular frame.

# Self-Assessment



Take a Selfie while holding your instrument...

Which image do you look like?

