

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 beamed together.

Philharmonic Orchestra

Lesson: April 6, 2020

Learning Target:

Students will be able to find balance of the head.

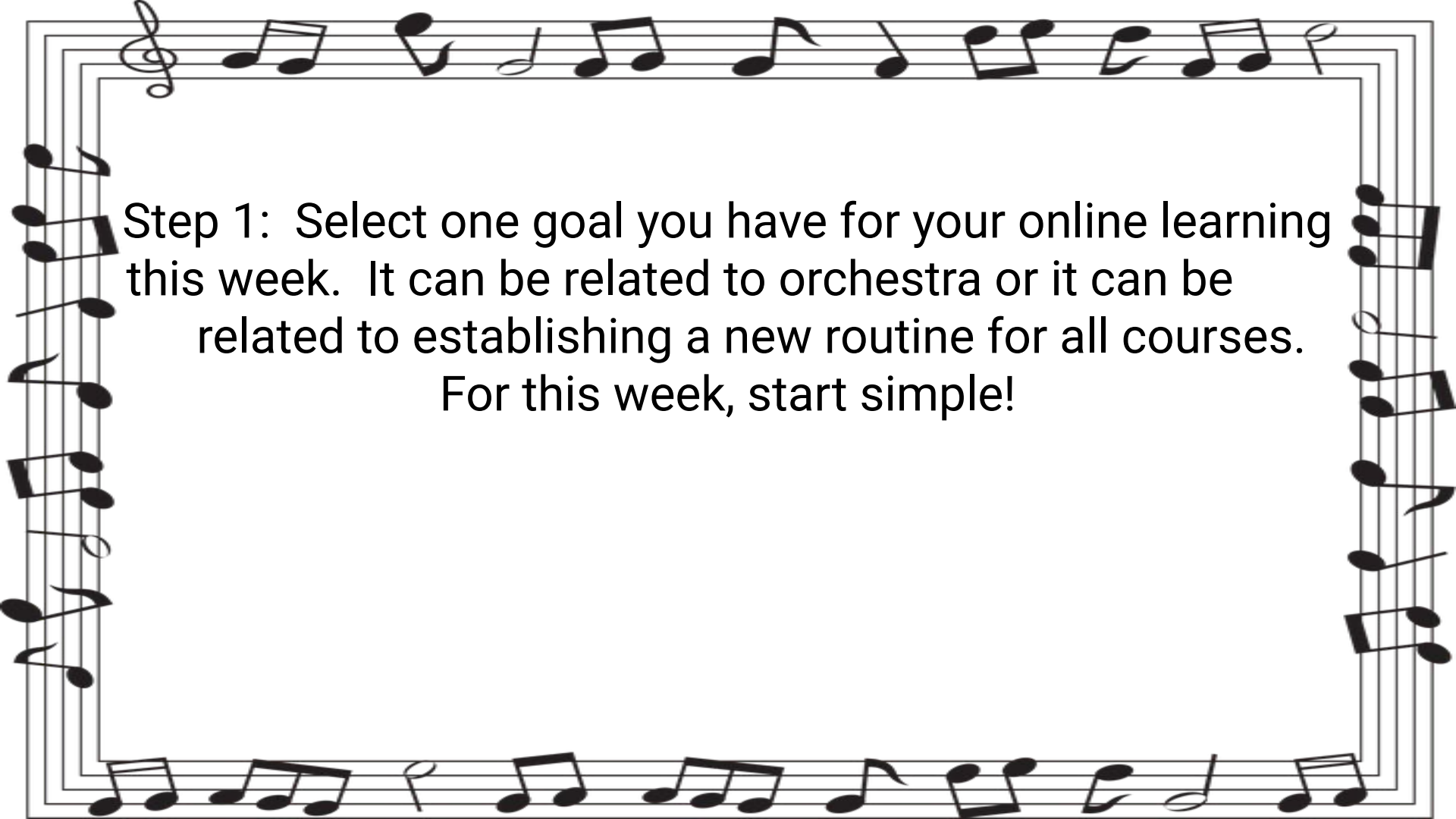
A decorative border of musical notation surrounds the central text. The border consists of a single staff of music with various notes, including quarter, eighth, and sixteenth notes, as well as rests, arranged in a rectangular path. The notes are black on a white background.

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 frame.

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 G4, an eighth note A4, a quarter note B4, a half note C5, a quarter note D5, a quarter note E5, a quarter note F5, a quarter note G5, a quarter note A5, and a quarter note B5. The bottom staff contains: a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note D5, a quarter note E5, a quarter note F5, a quarter note G5, a quarter note A5, and a quarter note B5. 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!

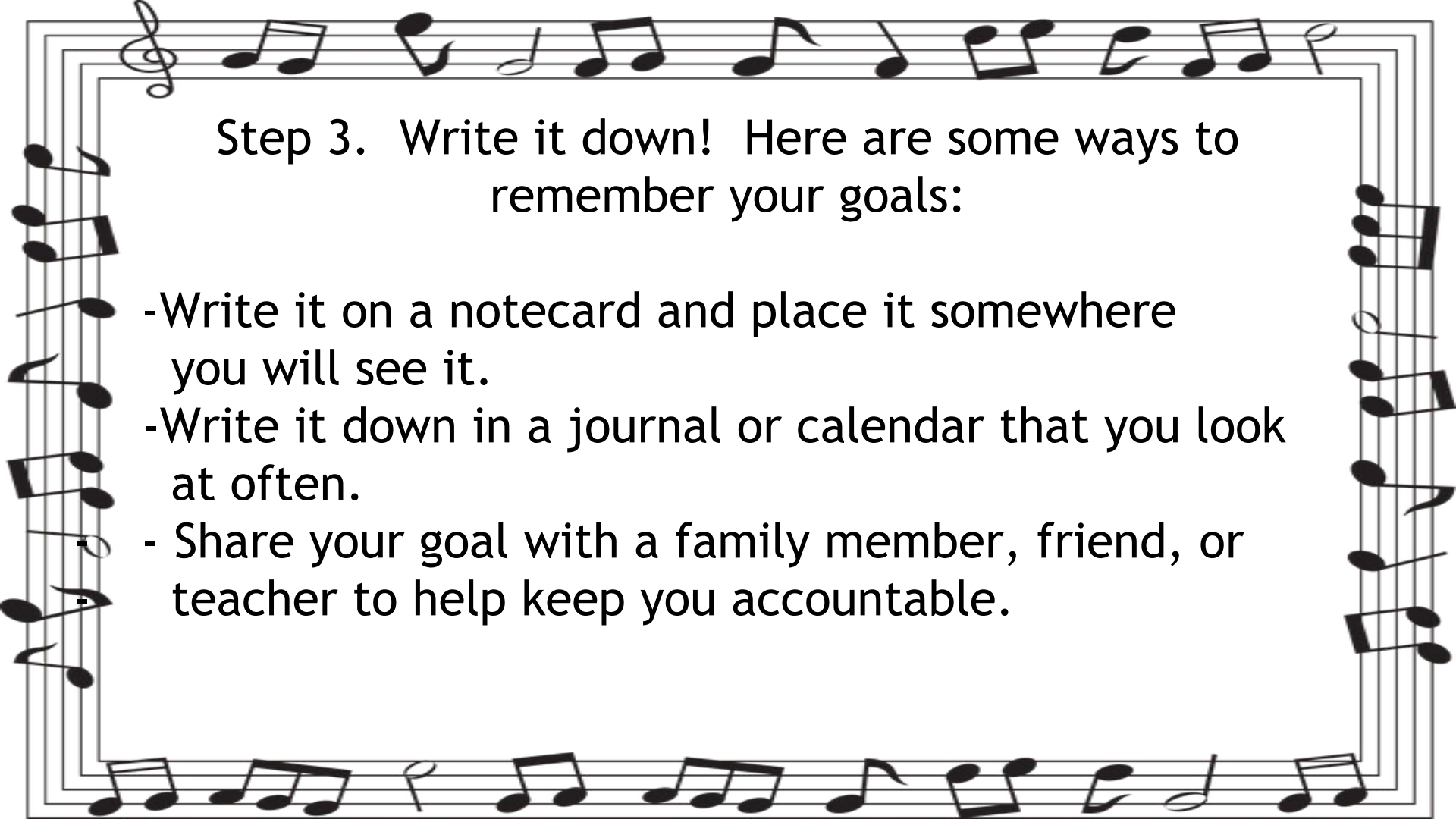
Specific: What exactly will you accomplish?

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?

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

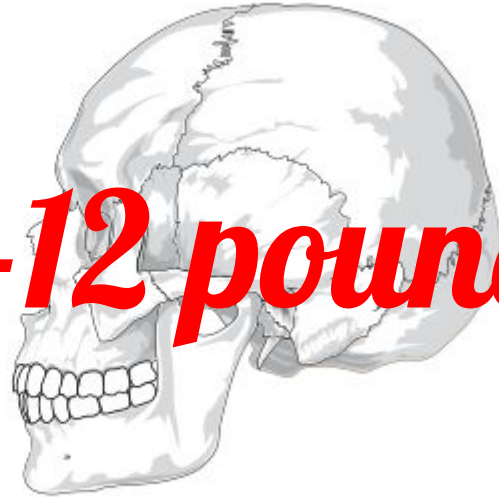
- Write it on a notecard and place it somewhere you will see it.
- Write it down in a journal or calendar that you look at often.
- Share your goal with a family member, friend, or teacher to help keep you accountable.

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Lesson

Do you know how much the
human head weighs?

10-12 pounds!



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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?

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Real Weight...

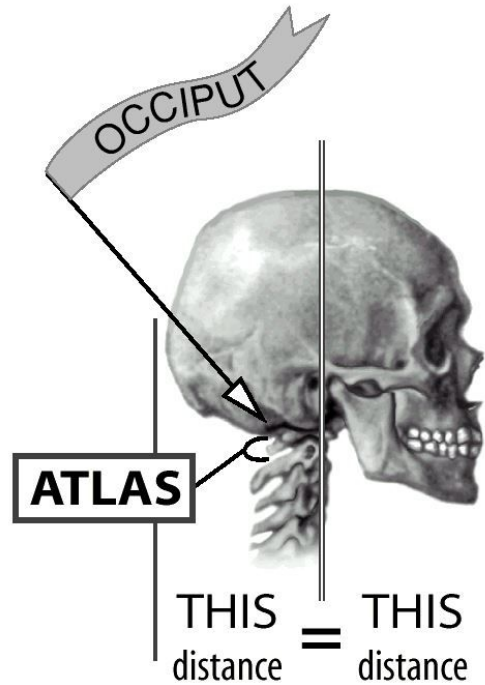
- 12 pack of pop \longrightarrow 10 pounds
- 1 gallon of water or milk \longrightarrow 8 pounds
- 1 gallon of paint \longrightarrow 12 pounds
- Bowling ball \longrightarrow on average about 11-12 pounds

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.



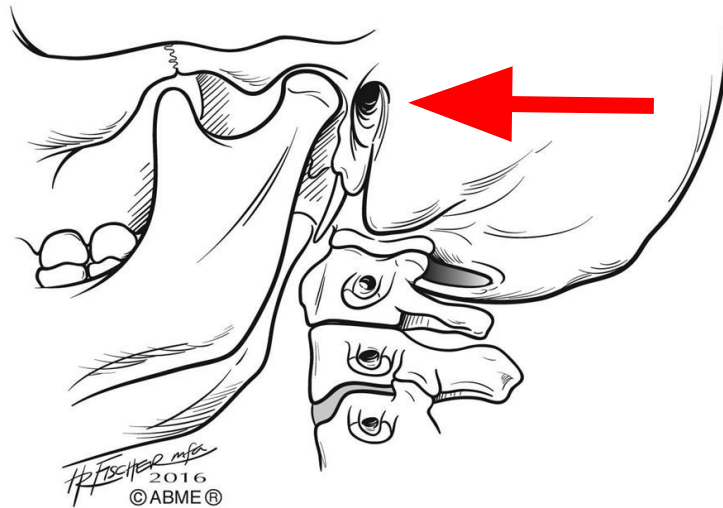
To do this, use your index
finger to find the space
behind your ear.

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



JUST KIDDING!!!!

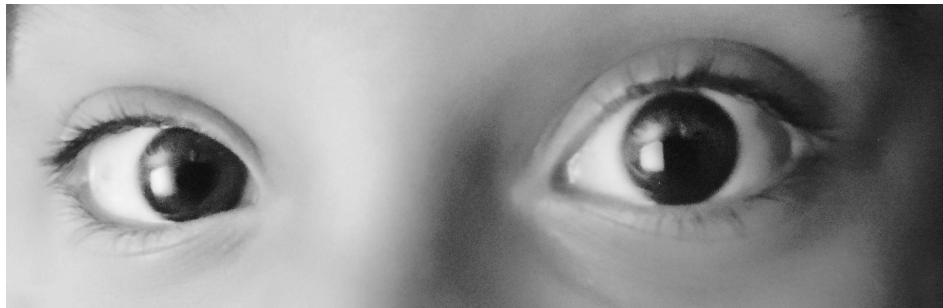
They should be here..



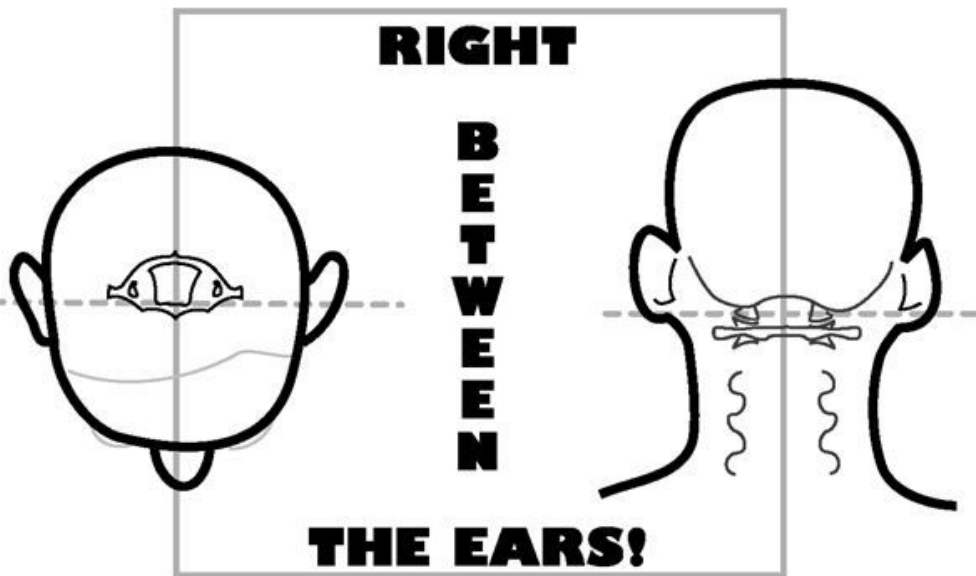
Lateral view of A-O and Atlas-Axis joints

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 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.

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!

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Try It On Your Own



Grab your instrument

Try to find a balanced head

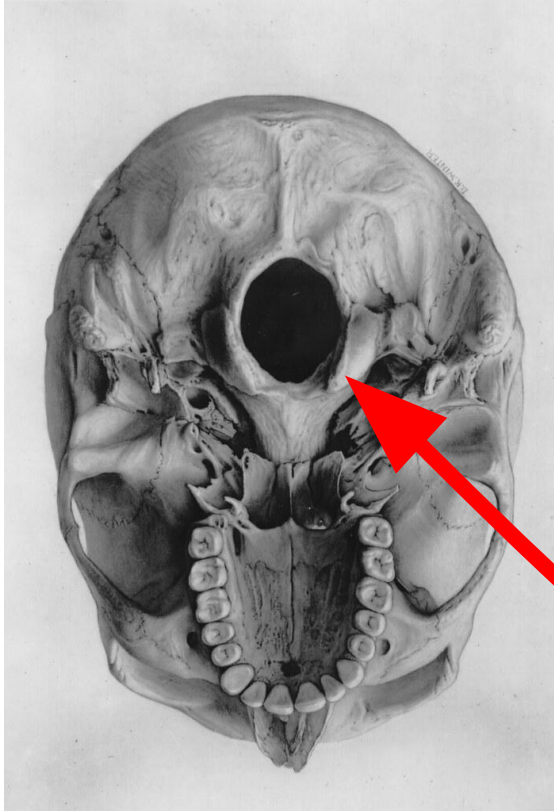
Play for just a moment

Check if your head is still
balanced!



Review

Your
head
balances
here





You should feel free!

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Additional Materials

A decorative border made of musical staves and notes surrounds the central text. The top and bottom staves contain a sequence of notes, while the left and right sides feature vertical staves with notes. The notes are black and white, and the staves are thin black lines.

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
3. https://www.youtube.com/watch?v=sR4cND_tMU

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Self-Assessment

Take a Selfie while holding your instrument...

Which image do you look like?

