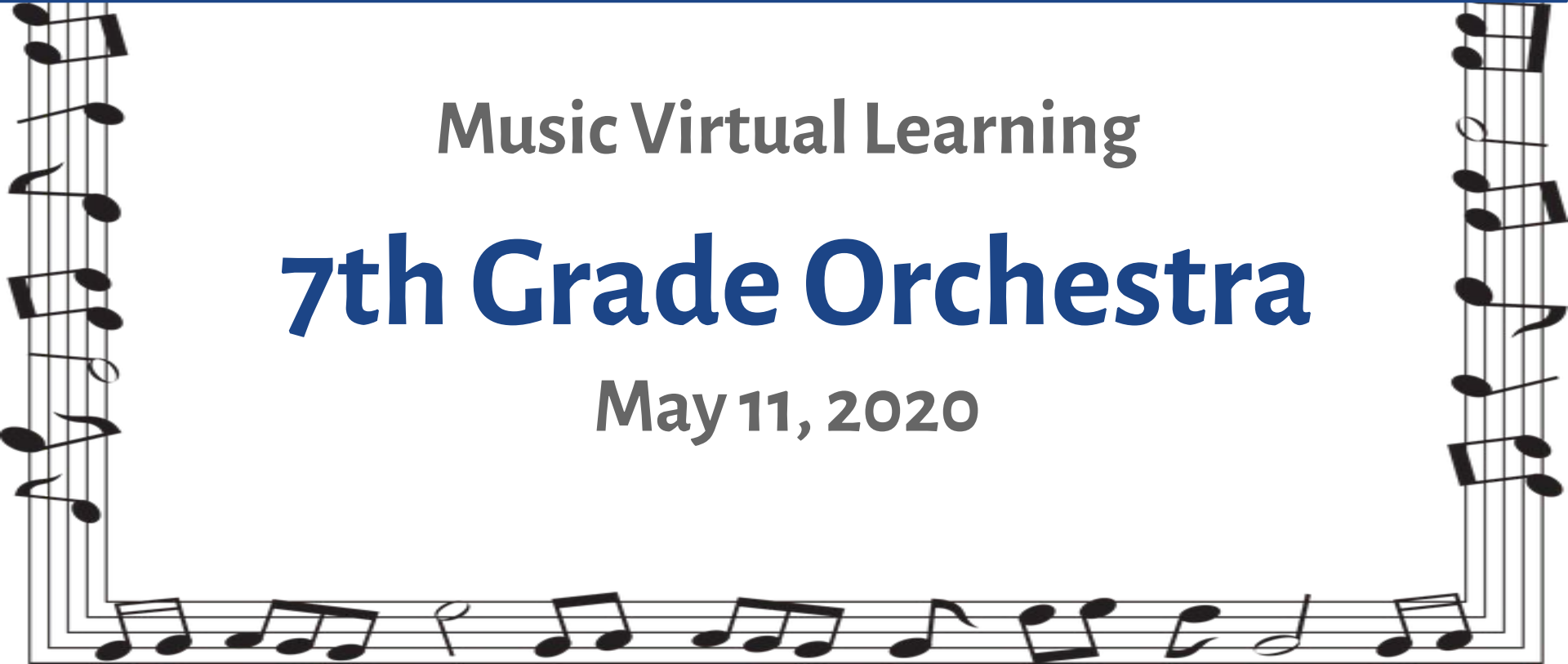




Music Virtual Learning

# 7th Grade Orchestra

May 11, 2020



## 7th Grade 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 with a bright cyan starburst in the center. 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

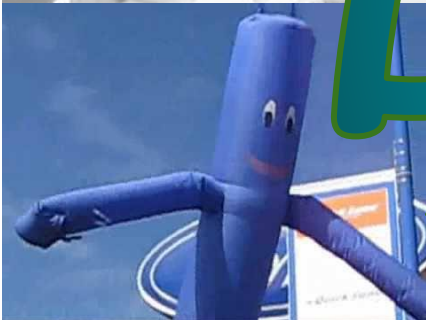


If you feel the urge to  
move while you play,

*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. The notes include quarter, eighth, and sixteenth notes, some with stems and flags.

# 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