



Music Virtual Learning

# 8th Grade Orchestra

April 13, 2020



## 8th Grade Orchestra

Lesson: April 13, 2020

### **Objective/Learning Target:**

**Student will be able to balance head and sit balanced in a chair while playing their instrument.**

# Warm-Up

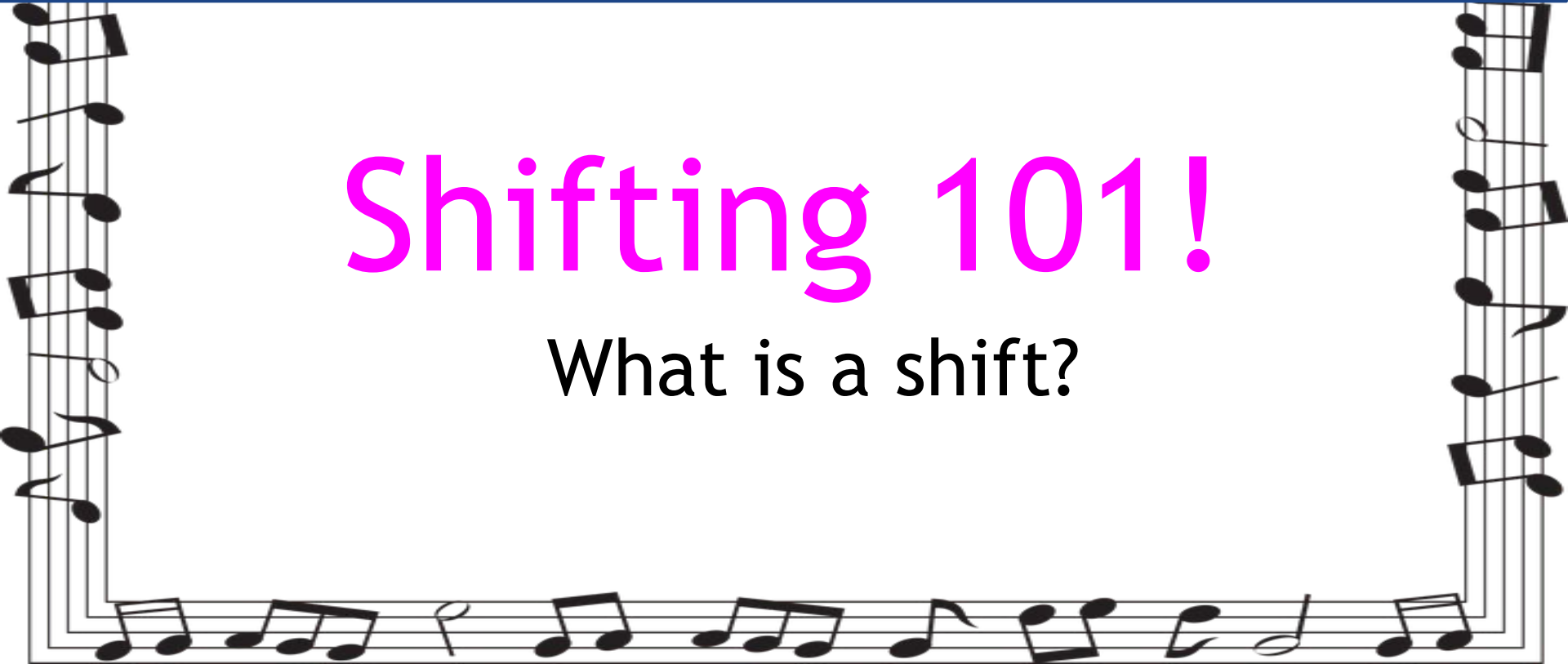


# Video



# Shifting 101!

What is a shift?



A shift is a simple way to get from



Point

to

Point

A

B

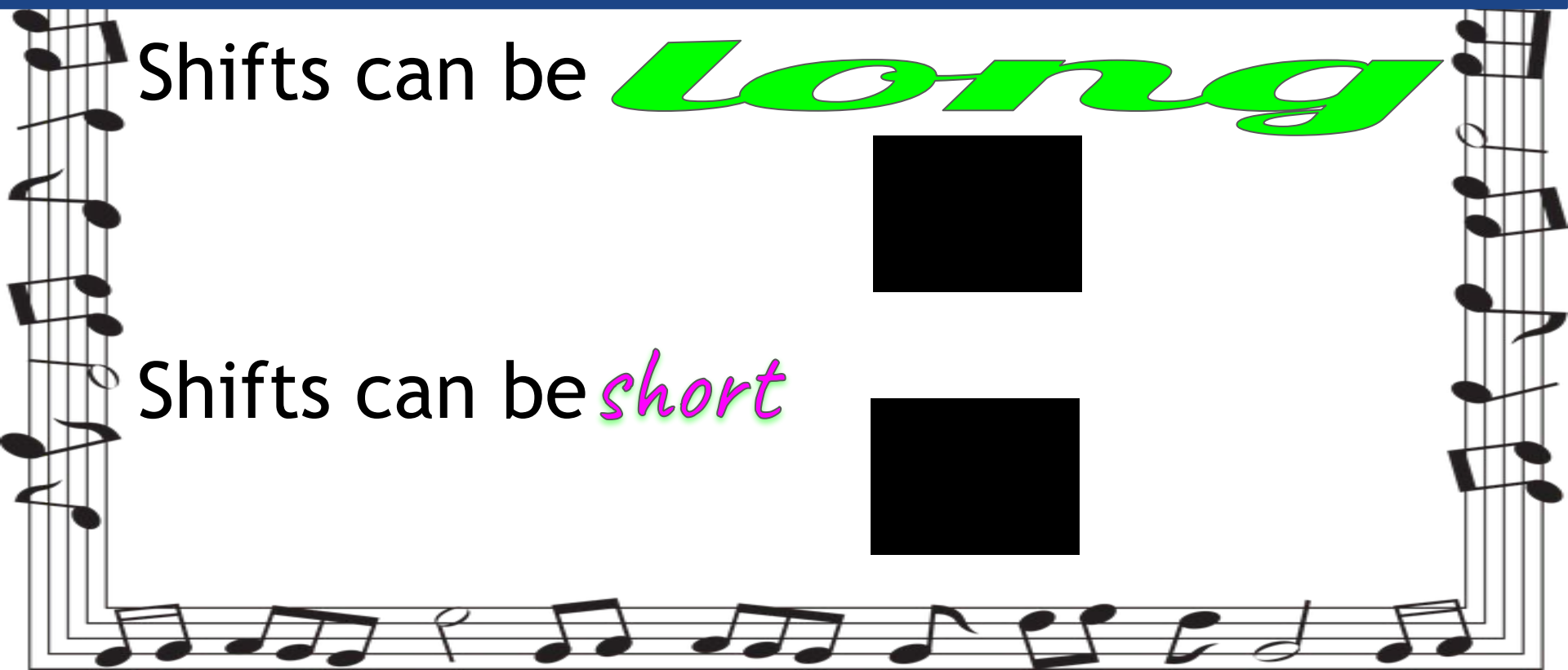
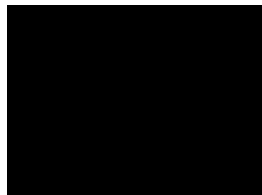
Like sliding your finger up and down the  
string...

Shifts can be

*long*



Shifts can be *short*



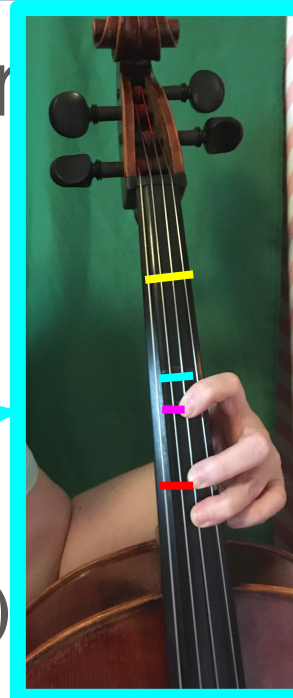
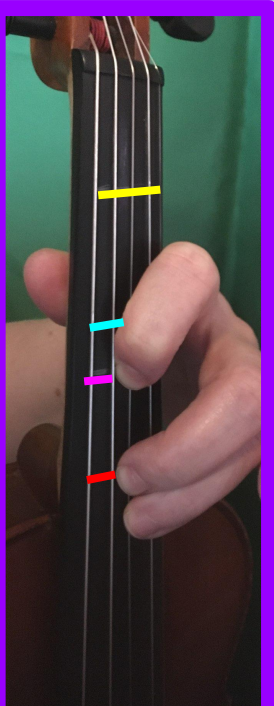
Today we will slide our  
first finger!

Your hand should look like this...

Violin/Viola

Cello

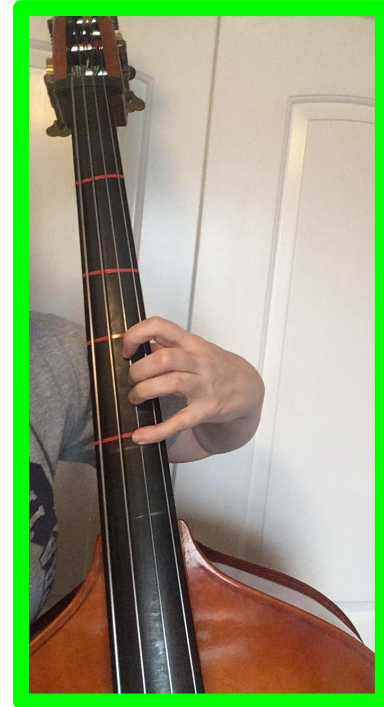
(bass issues are on the next slide)





Today we will  
slide our  
first finger!

BASS...we will move to  
third position...it should  
be familiar!

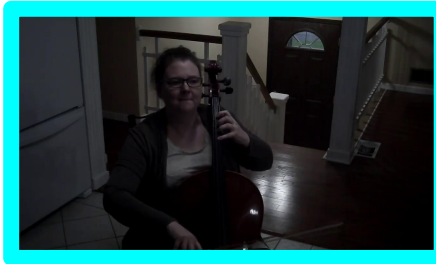


We are going to practice taking our first finger on the D-String and sliding from E to G!

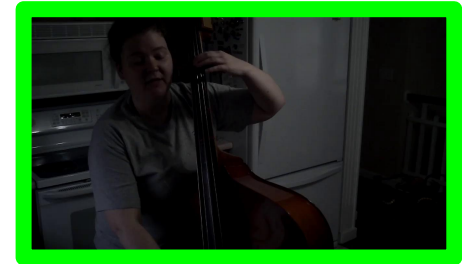
Violin/Viola



Cello



Bass



# Listen for the note twins G and G

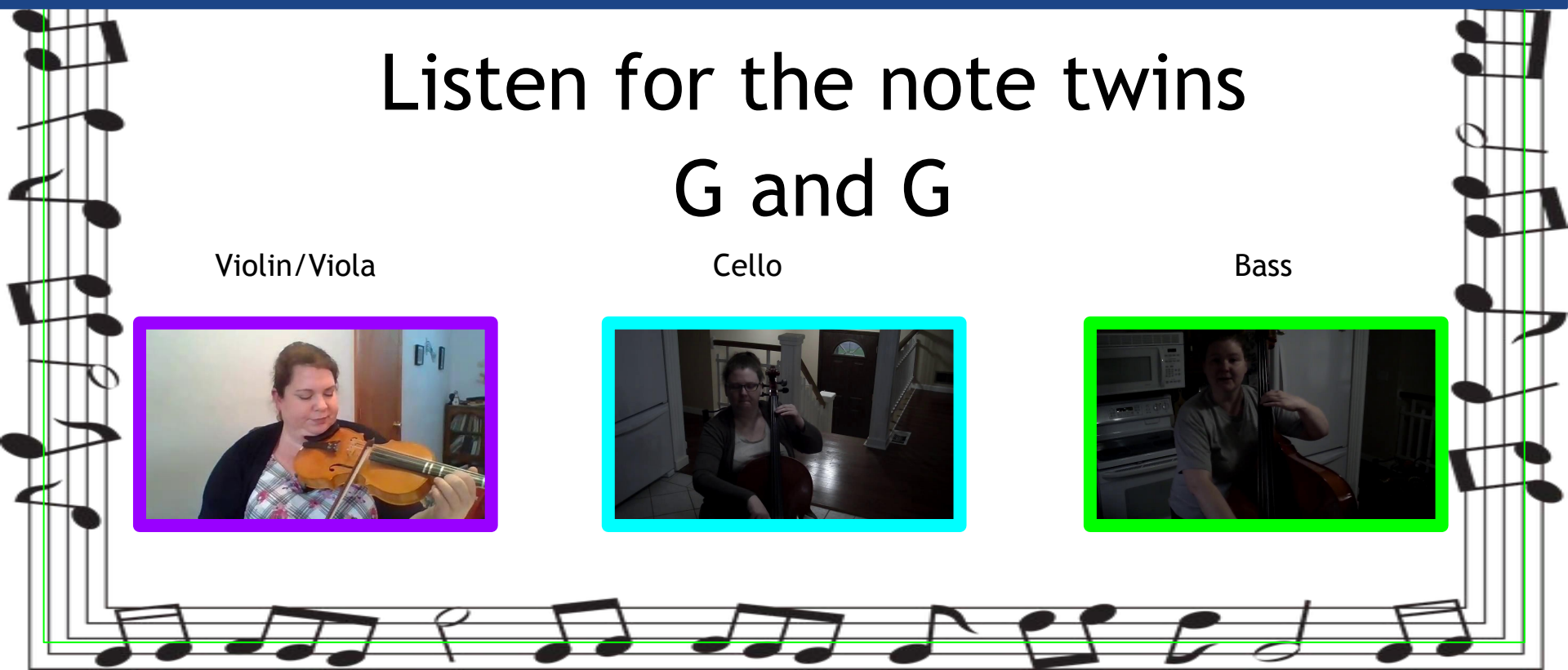
Violin/Viola



Cello



Bass



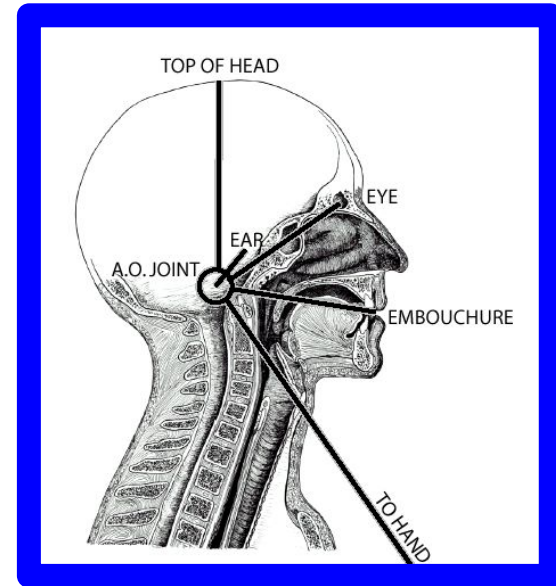
# Practice Exercises

	Beginner	Intermediate	Advanced
Violin	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>
Viola	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>
Cello	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>
Bass	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>

# Lesson

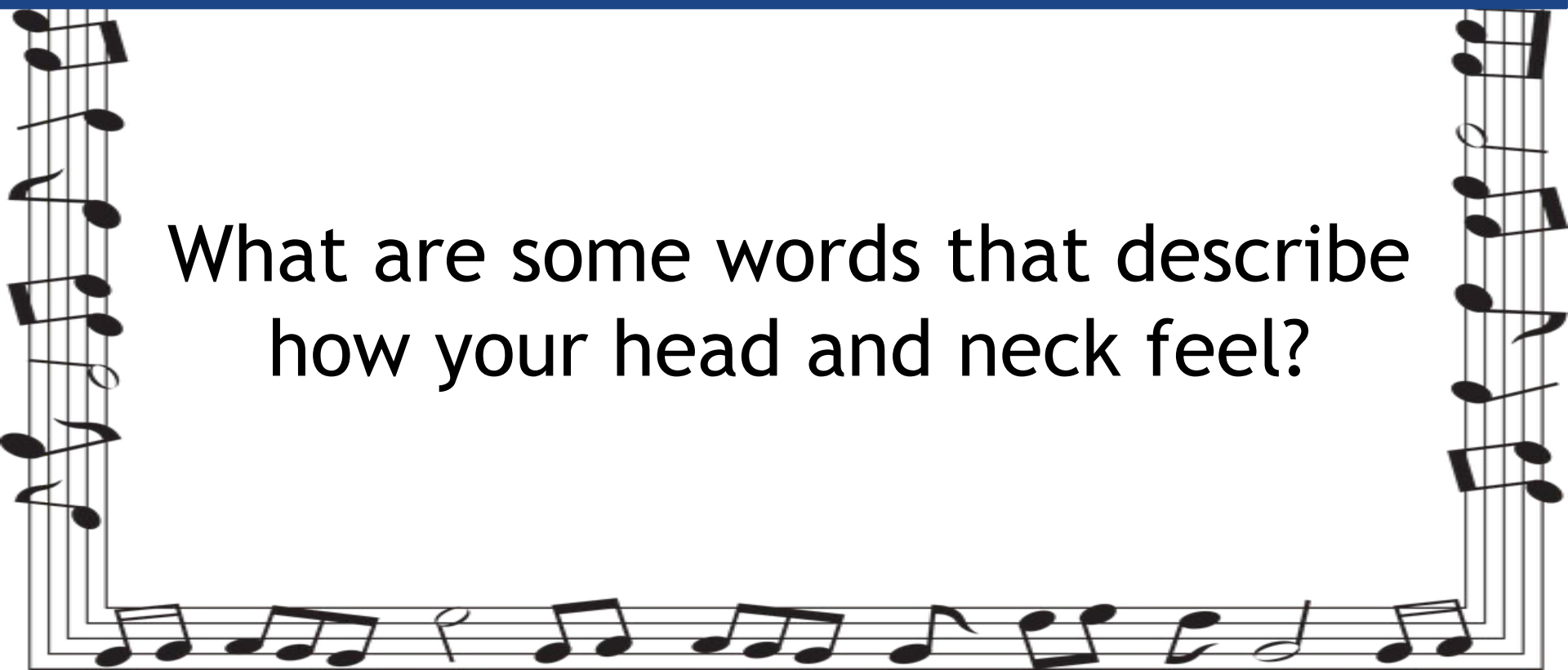


Let's review last weeks work with head balance!



## Try This Out!

1. Take one of your hands and place it on the back of your head.
2. Press your head gently into your hand like a memory foam pillow.
3. Take time to feel your hand on your head...memorize the feeling.
4. Take your hand slowly away still feeling your hand!

A decorative border of musical staves and notes surrounds the central text. The border consists of a vertical staff on the left, a vertical staff on the right, and a horizontal staff at the bottom, all containing various musical notes and stems.

What are some words that describe  
how your head and neck feel?



Light?

Leaning Back?

Graceful?

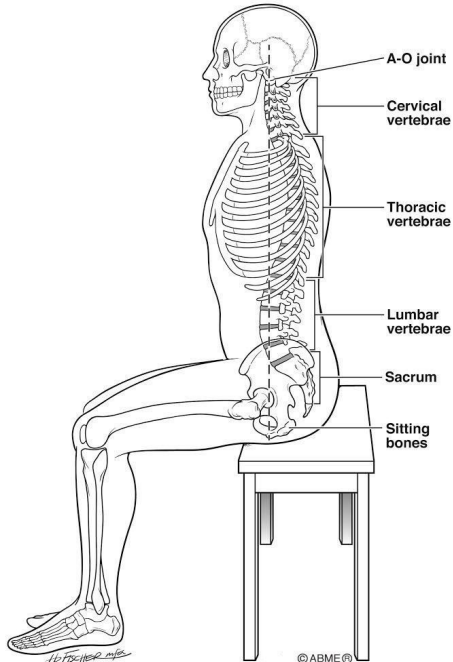
CALM?

*Balanced!*

Poised?

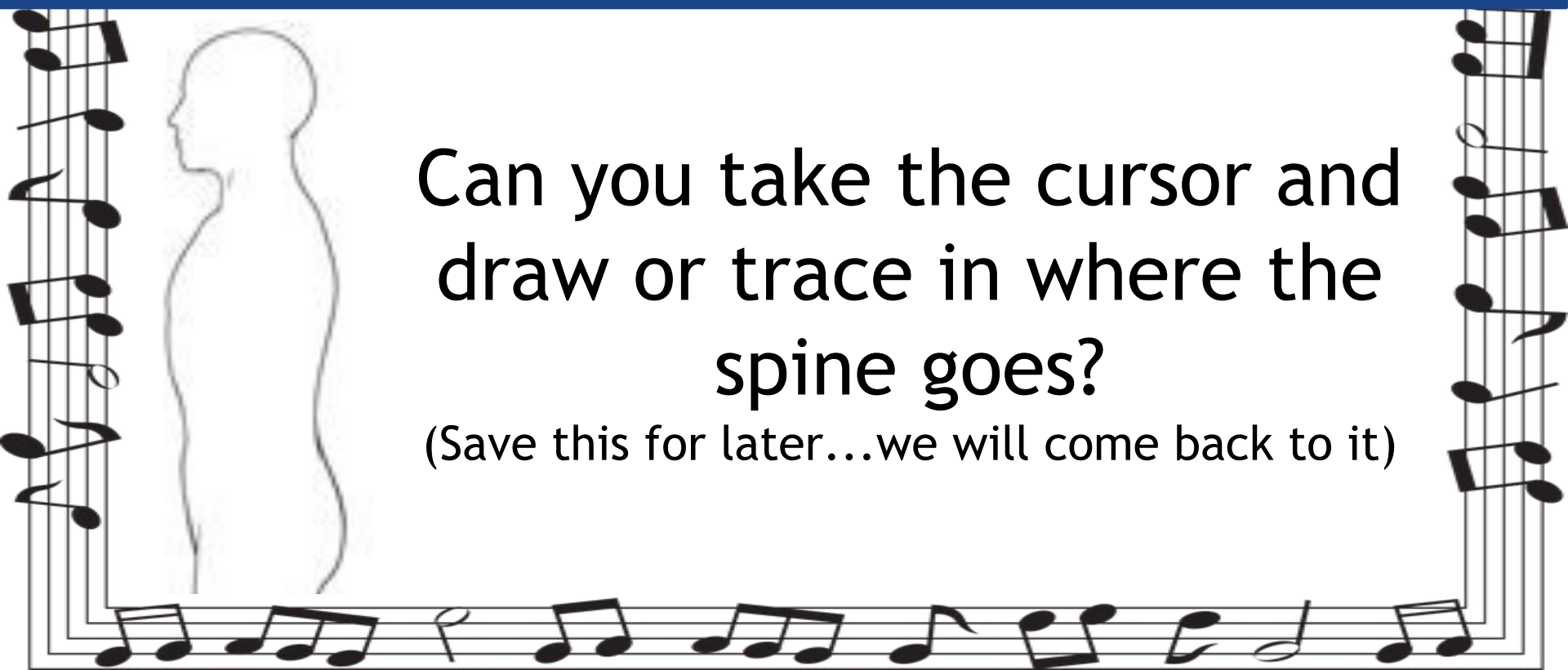
Comfortable?

Weightless?



Sitting in Balance Upright

Now that your head is  
balanced...we need to  
work on sitting!



Can you take the cursor and  
draw or trace in where the  
spine goes?

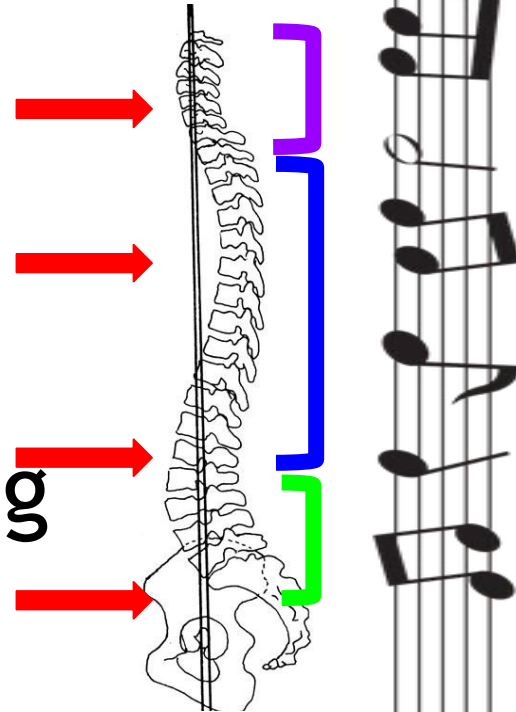
(Save this for later...we will come back to it)



# The spine includes

1. 4 curves
2. 5 Lumbar Vertebrae
3. 12 Thoracic Vertebrae
4. 7 Cervical Vertebrae

Parts of the spine are as big  
around as a pool noodle!



# The spine is part of our core!

(like a normal apple)



Normal

Core in the back...



(you have to use your imagination...not even Google is crazy enough to have a picture of an apple with a core in the back!)



We've got it!



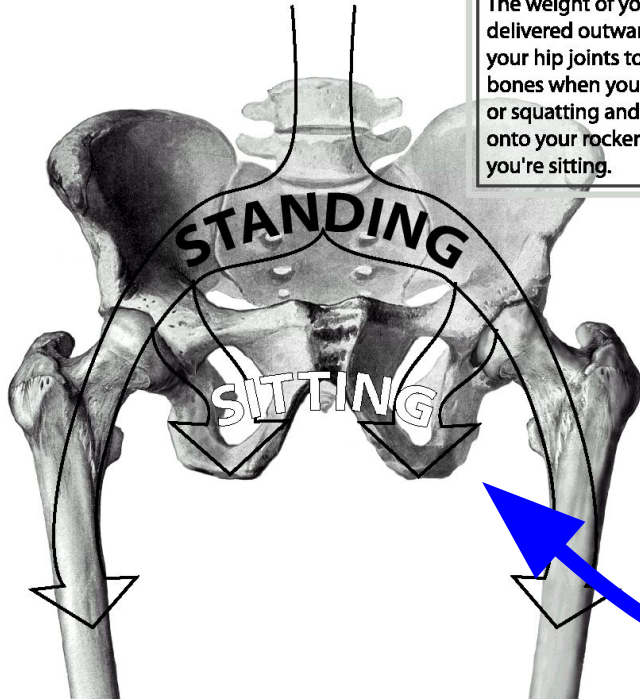
Our spine is our tree trunk!



**Now what does this have to do  
with sitting!?**



The weight of your torso is delivered outward through your hip joints to the thigh bones when you're standing or squatting and downward onto your rockers when you're sitting.



Our spine transfers weight evenly to our sit bones!



Finding your sit bones...

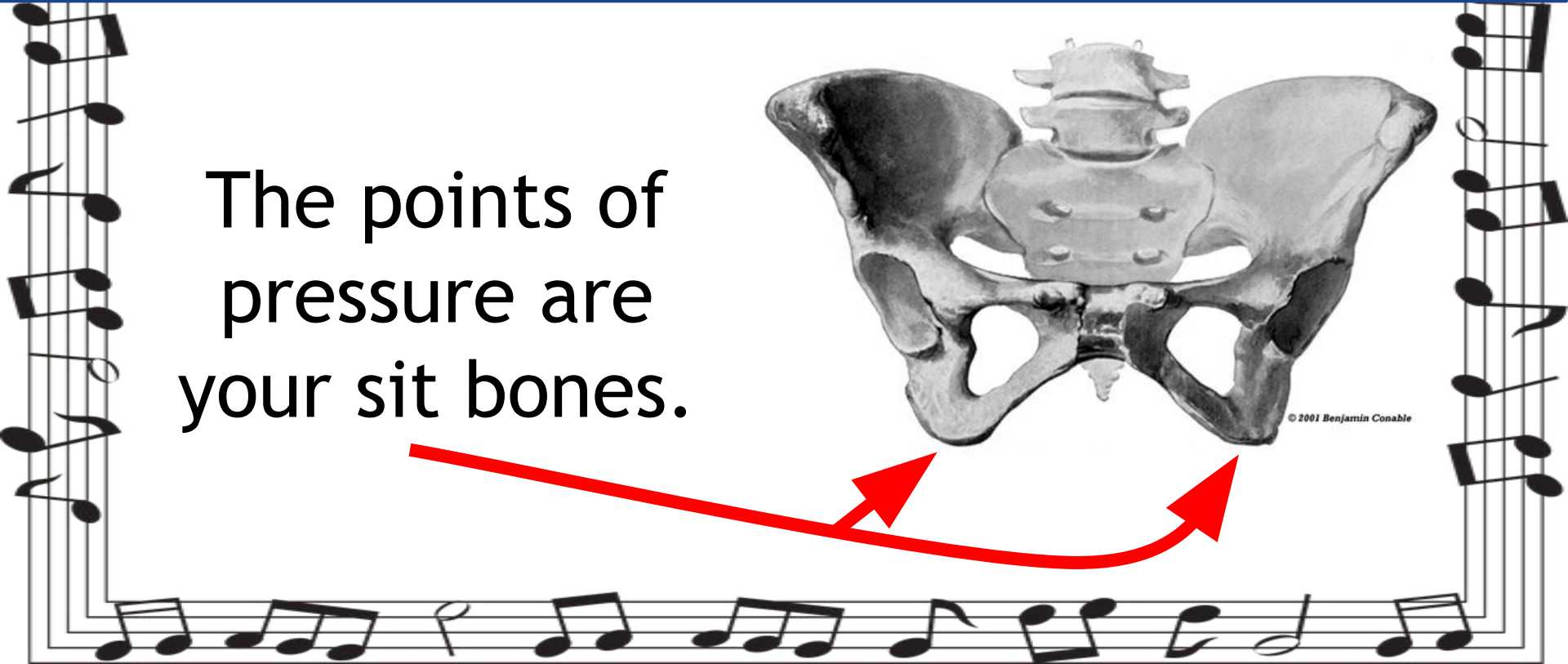
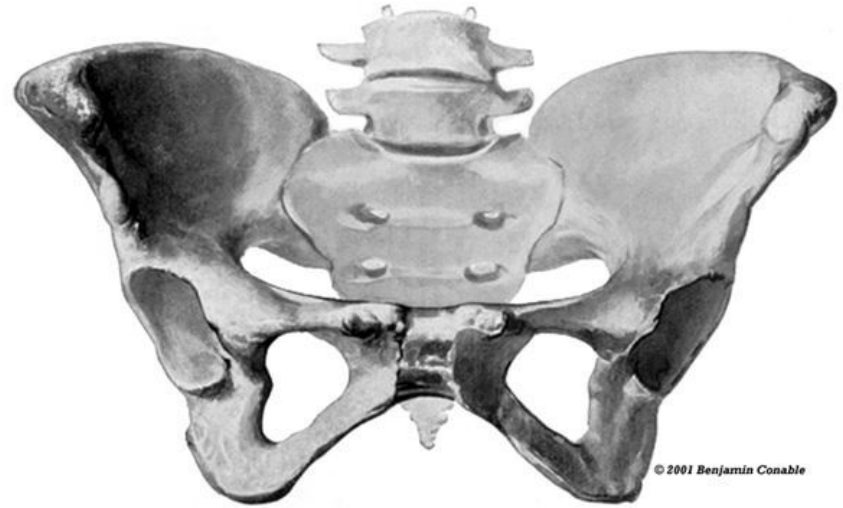
First just sit on your hands and rock  
back and forth.

What do you notice?

You should be able to feel a point of pressure on your hands...it may even hurt just a little.

**Try it again!**

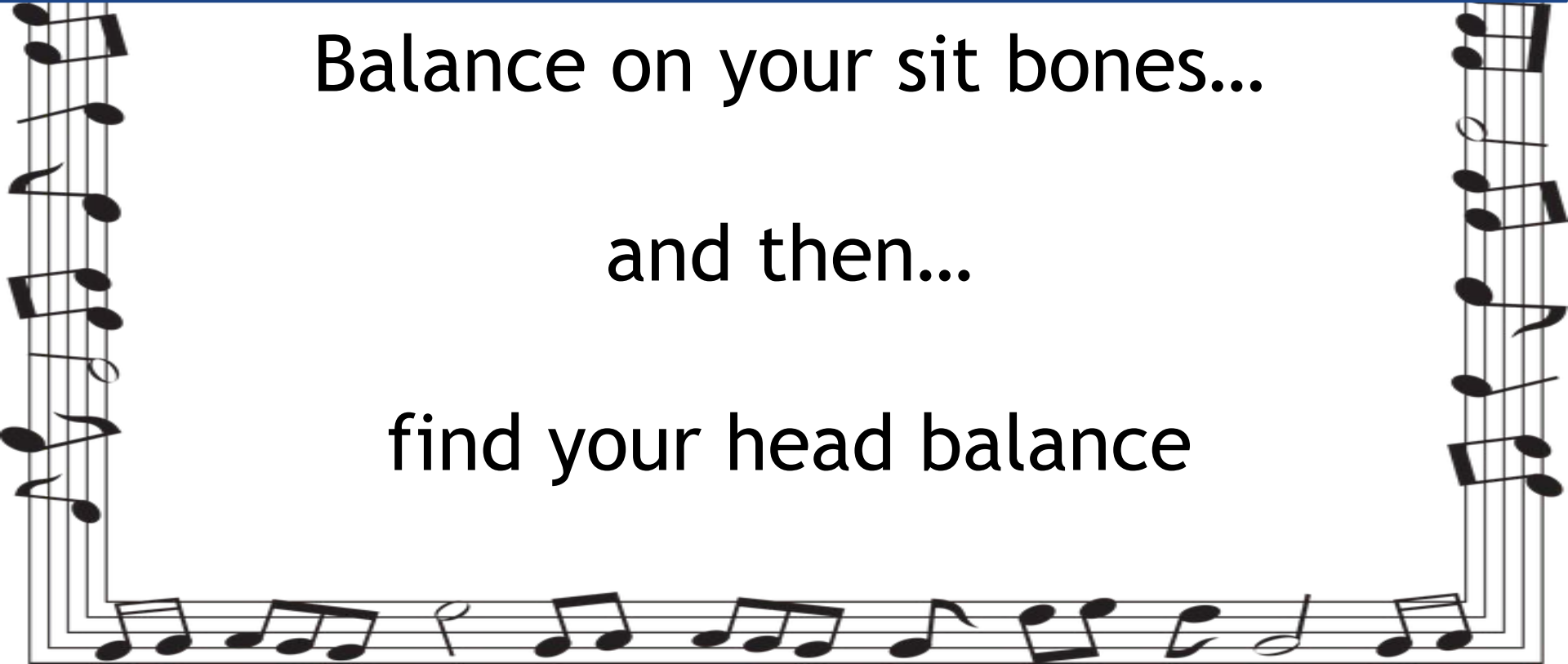
The points of pressure are your sit bones.



Balance on your sit bones...

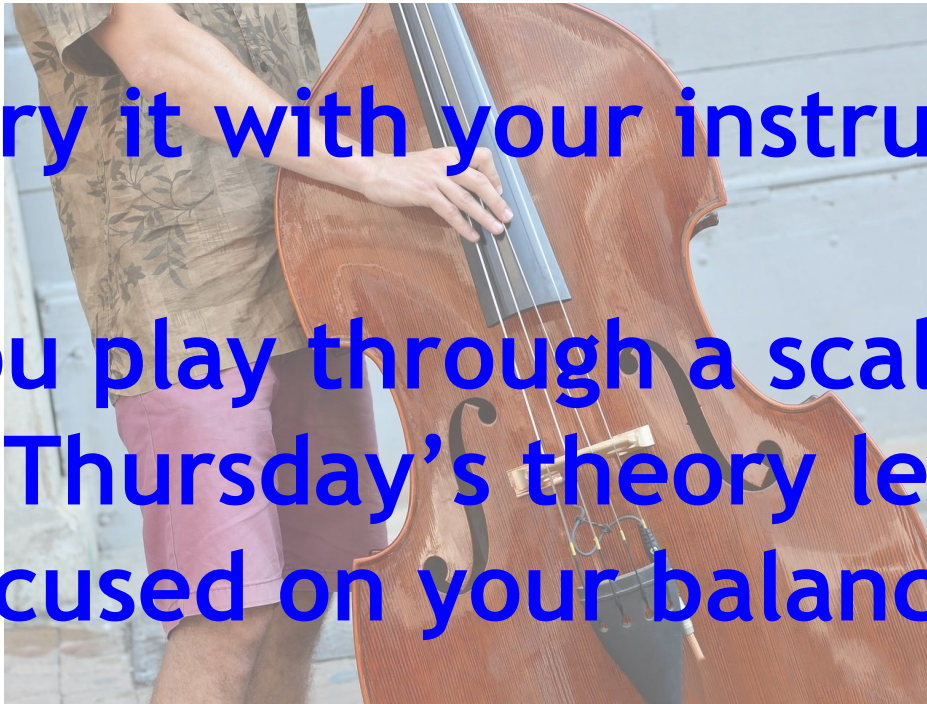
and then...

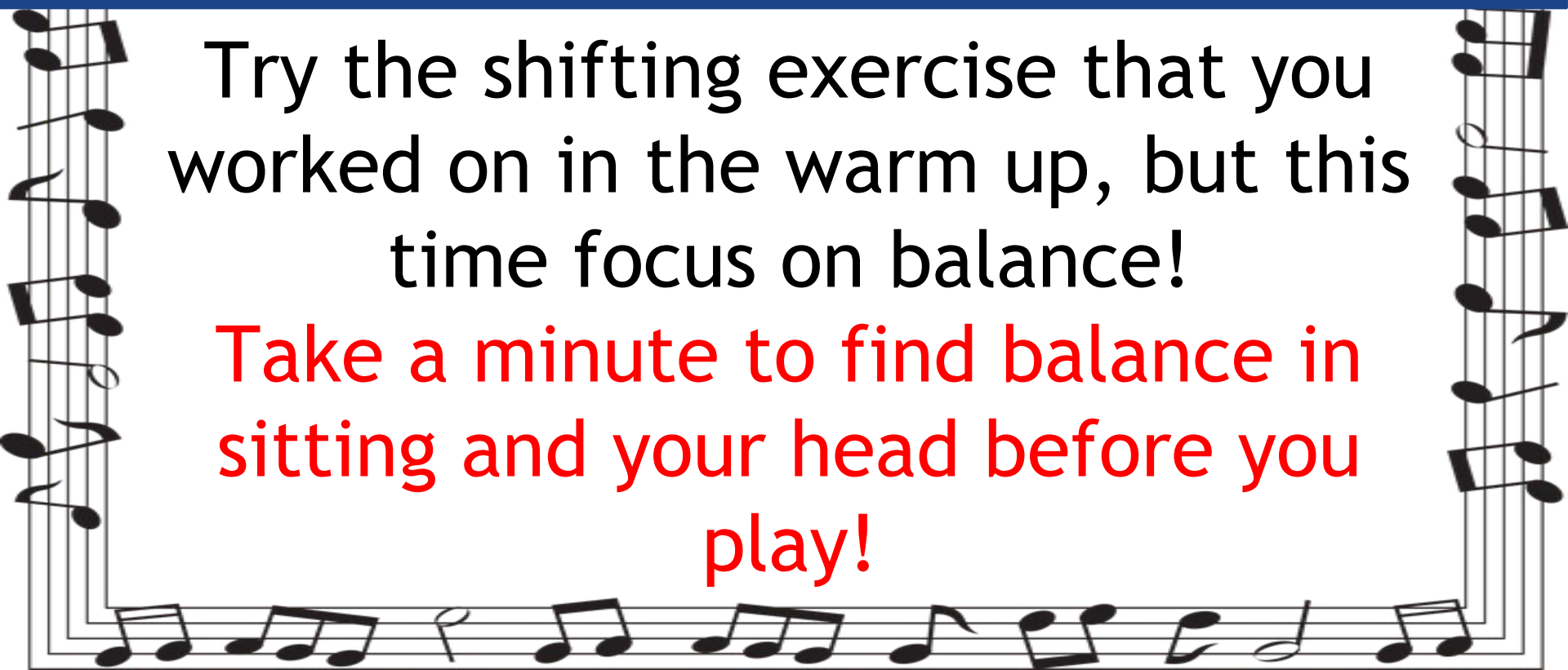
find your head balance



**Now try it with your instrument!**

**Can you play through a scale from  
last Thursday's theory lesson  
focused on your balance?**





Try the shifting exercise that you worked on in the warm up, but this time focus on balance!

Take a minute to find balance in sitting and your head before you play!

# Practice Exercises

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Cello	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>
Bass	<a href="#">Click Here</a>	<a href="#">Click Here</a>	<a href="#">Click Here</a>

# Review

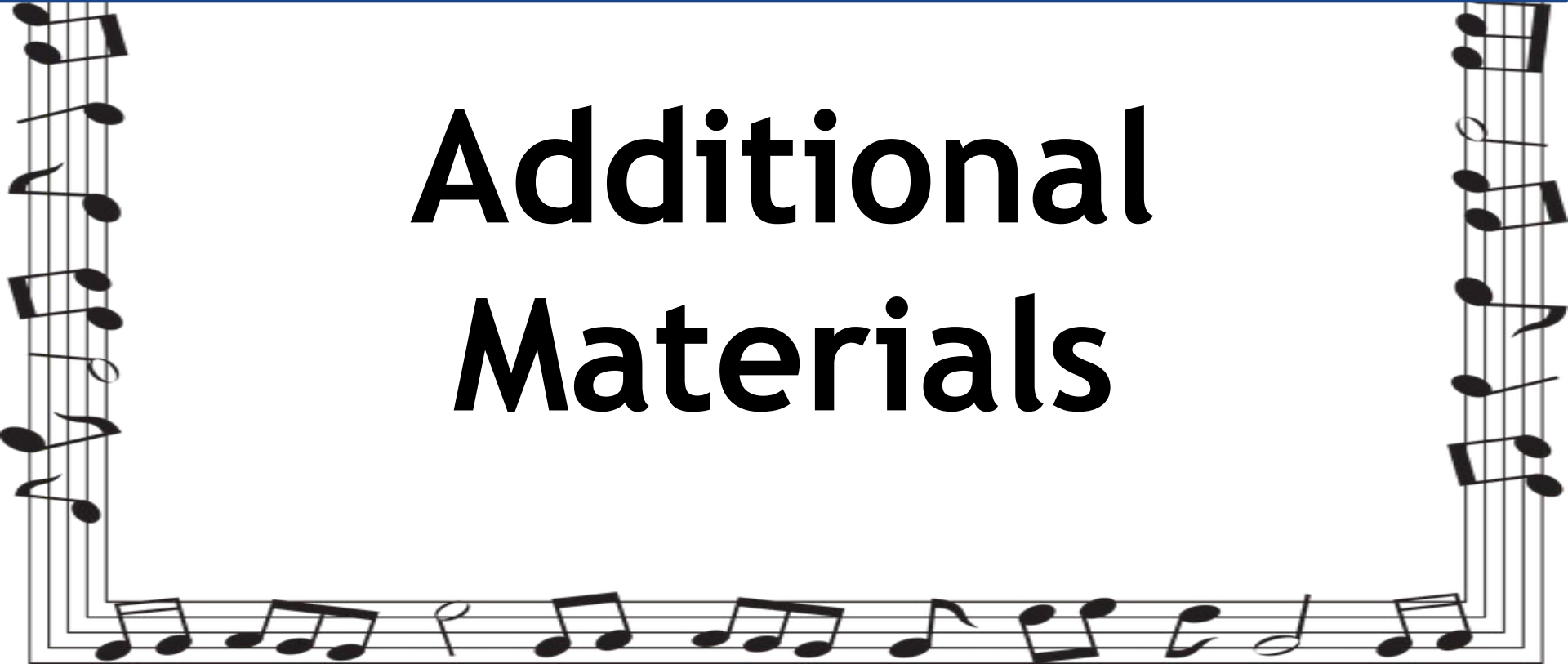


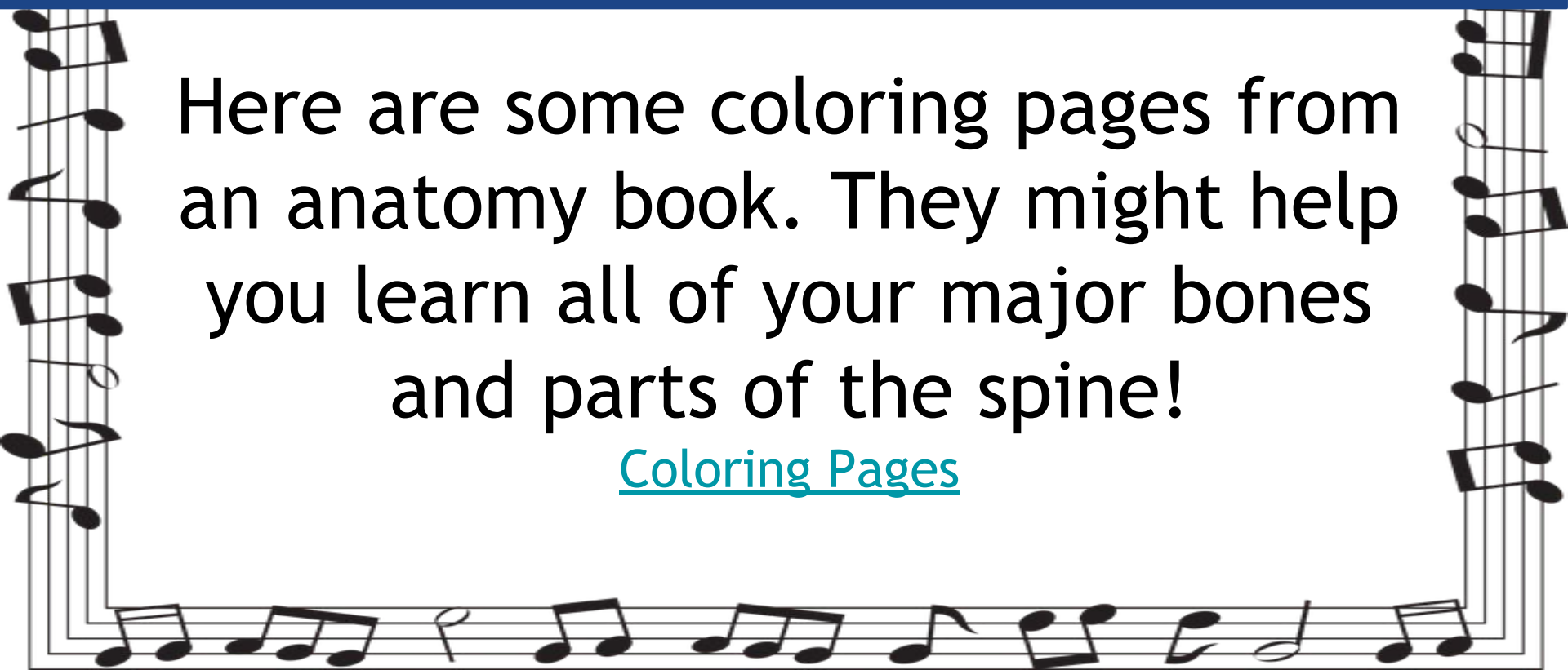


Time to go back!  
Where is your spine now?  
Has it changed?



# Additional Materials

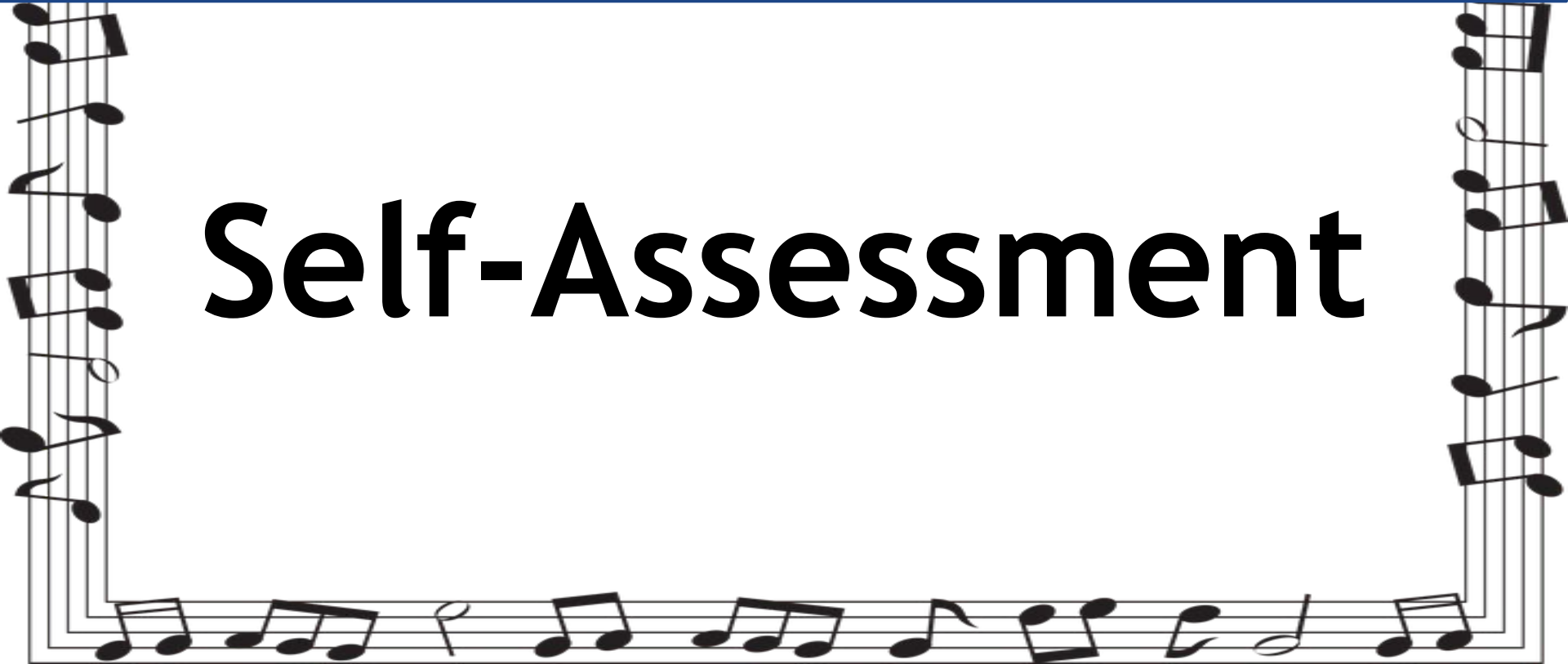




Here are some coloring pages from an anatomy book. They might help you learn all of your major bones and parts of the spine!

[Coloring Pages](#)

# Self-Assessment



**Make a notecard to tape to  
your music stand to remind  
yourself about BALANCE!**

Teach someone else  
how to sit with  
good posture!  
Remember to take  
a picture.