



Music Virtual Learning

# 8th Grade Orchestra

April 20, 2020



## 8th Grade Orchestra

Lesson: April 20, 2020

**Objective/Learning Target: Students will be able to sit on sit bones with head balanced and free legs.**

# Warm-Up



## Monday Motivation: What is one musical goal you can work towards this week?

Try setting a positive goal and action steps.

Example:

**Negative/unclear goal:** “I need to stop making mistakes  
in this song.”

**Positive goal:** “I will work to improve my rhythm in this song.”

**Action steps:** Practice slowly, break down challenging rhythms, gradually  
put chunks of measures back together.

# INTRO TO VIBRATO



## VIBRATO KILLERS

- BAD ARM POSITION
  - PIZZA WRIST
  - THUMB PLACEMENT
  - CLAMPING WITH 1ST FINGER
  - LONG NAILS!
  - ETC.

ALL WATCH THIS



## VIBRATO WARM UP

ALL WATCH THIS

### "SILENT SIREN"

- CURVED HAND IN BETWEEN THE STRINGS
- RUN UP AND DOWN THE STRING WITH A RELAXED MOVEMENT
- THEN TRY ONE FINGER AT A TIME
- TRANSITION TO A SMALLER MOTION

CELLO/BASS: WATCH MS. ROSS' VIDEO AFTER MS. WOW'S VIDEO! :)



## SHAKERS

- FIND A MARACA/EASTER EGG/PILL BOTTLE/ETC.
- ROCK BACK AND FORTH WITH RELAXED WRIST AND NATURAL HAND SHAPE
- TRY "ROCKING" IN RHYTHM (8TH NOTES, 16TH NOTES, AND FASTER)



VIOLIN/VIOLA: WATCH  
MS. WOW'S VIDEO!

CELLO/BASS: WATCH MS.  
ROSS' VIDEO!





# Lesson



*Remember your head balance!*

Try to remember one of the activities to find head balance

1. Grab a book and read it for just a second.
2. Now put your hand on the back of your head and lean your head into your hand.
3. Slowly take your hand away and see if you can still feel where it was.
4. Now read again.

*What was different?*



Hopefully you had to bring your  
book up a lot higher to see it!

## *Remember your sit bones!*

Try to find your sit bones and head balance at the same time.

1. Imagine a laser beam shooting out from your belly button.
2. Can you adjust the laser to point toward the ceiling?
3. What about the floor?
4. Shooting straight ahead should place you on your sit bones.

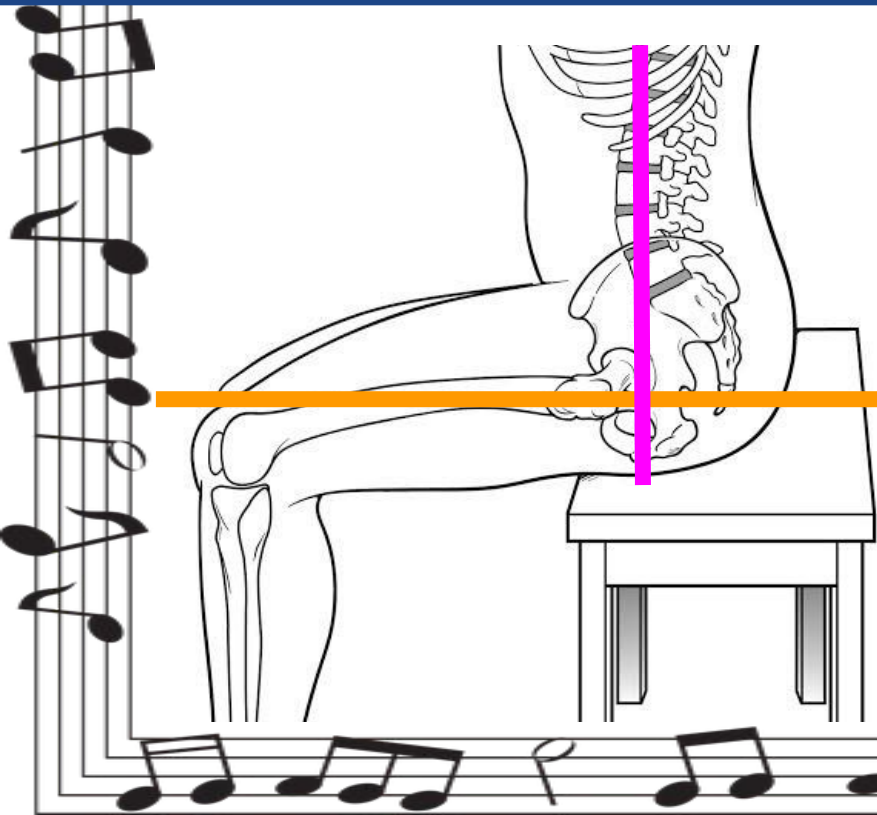
*How does it feel?*



**While you are**  
**sitting...**

Trace down your leg at  
the bend.  
Then stand up!  
This is the top of your  
leg!





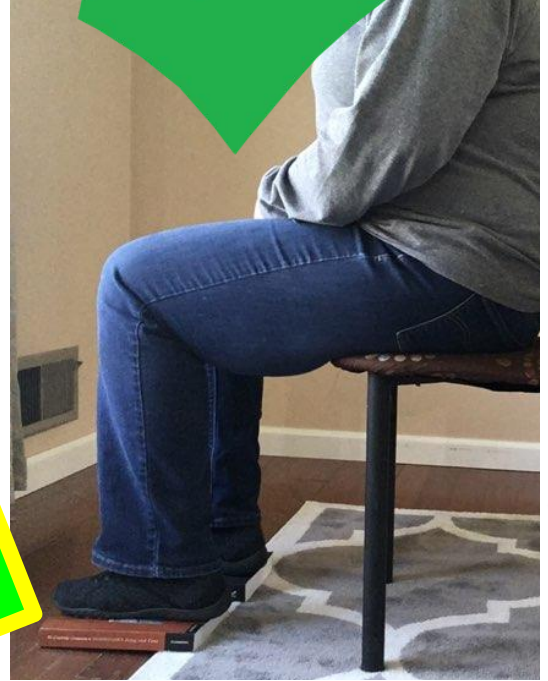
If you sit correctly...  
***Your legs should  
be higher than your  
sit bones!***

If your legs are sloping down...  
***you may need to add  
books under your feet!***

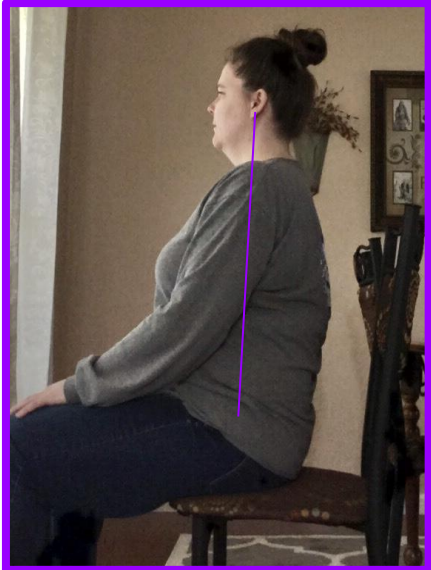




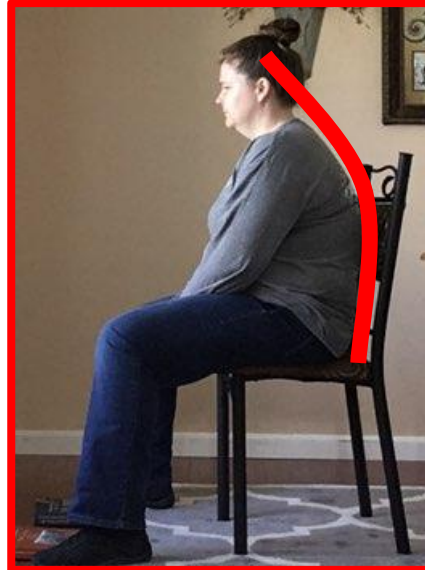
Books! Doing what they do best :)



## Good Posture

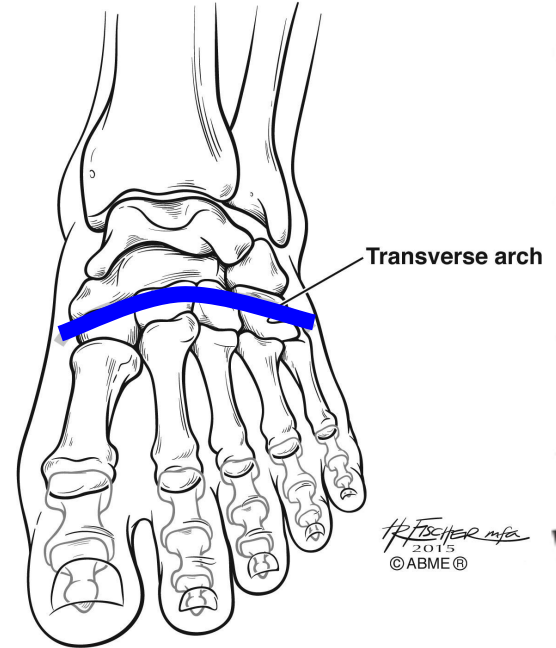
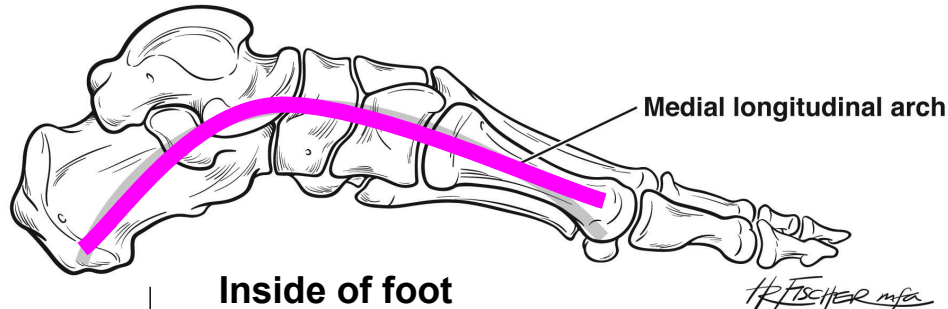
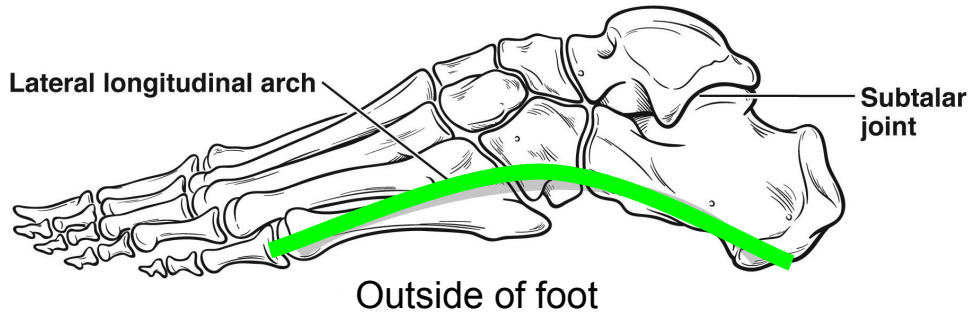


## Bad Posture



Can you feel some weight in your  
feet?

They should be holding up your  
legs!



#FISCHER mfa  
2015  
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#FISCHER mfa  
2015  
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Frontal view of Left Foot



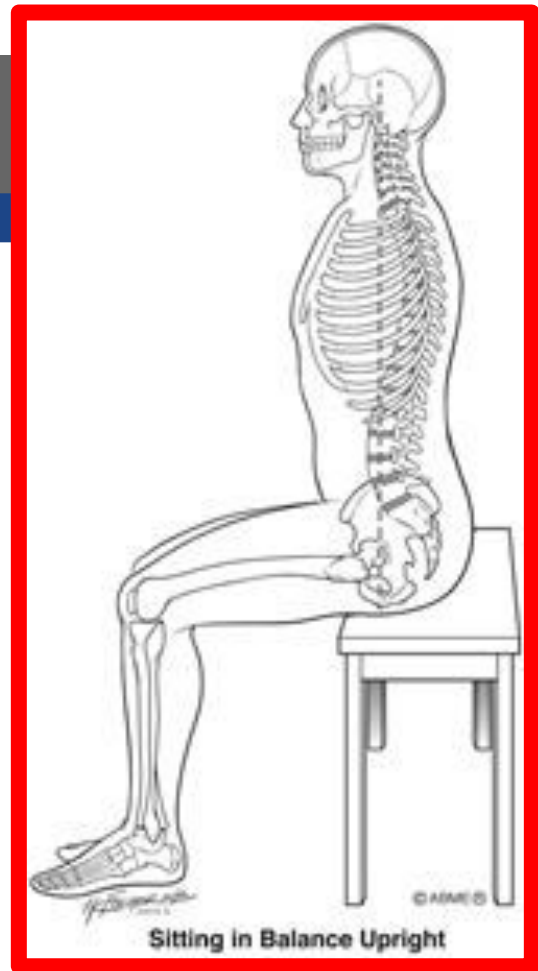
If you cannot feel the weight of your legs in your feet then you need height underneath them. Your legs should be parallel to the floor.

# Review

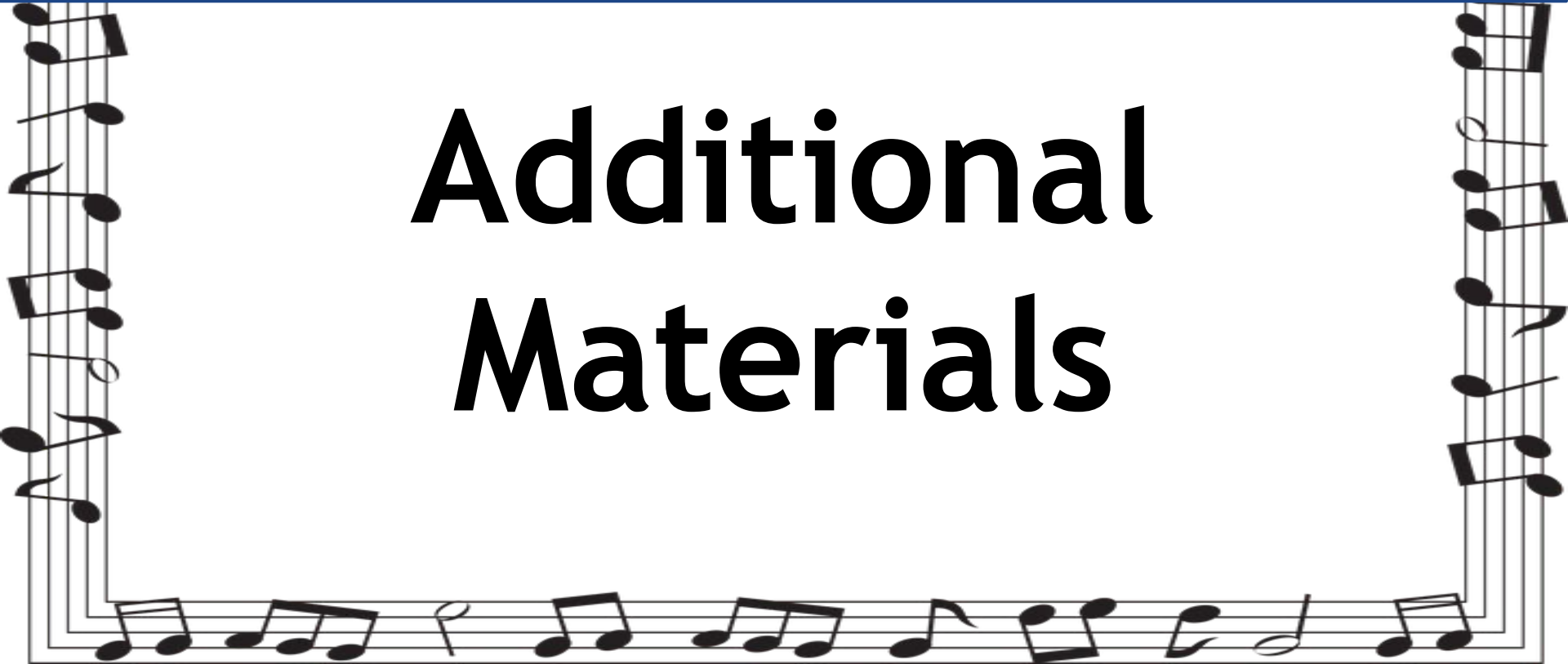


***You should now look  
like this!***

**Your mission should you choose to  
accept it is to undo and redo this  
balanced sitting at least 10 times  
today! Along with every time you  
play!**



# Additional Materials





Other sources may also help you find balance!

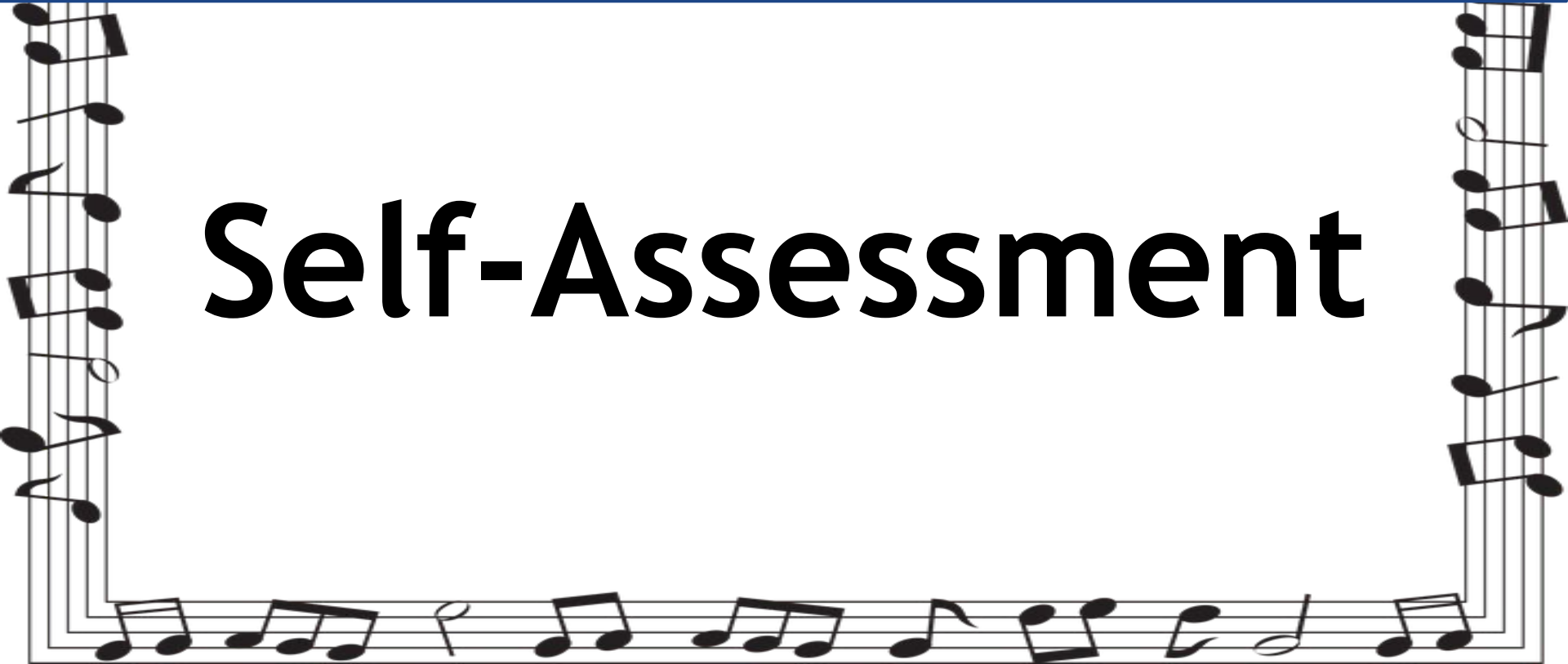
Yoga Balance:



Tai Chi Balance: Breathing Balance:



# Self-Assessment



Explore your house to  
find the best chair for  
you to have balance.  
Take some books for your feet!

