



High School Music Learning Plans

These plans are also available on our website:

www.accomack.k12.va.us

Please note: The online portion of these plans is optional.

High School Learning Plans

Music



Activities to Support Instruction During Extended School Closures

The purpose of this document is to provide an overview of suggested activities available to ACPS students. These suggestions can be used by families to support the continuity of education. The learning experiences developed and provided will give students opportunities to go deeper into concepts, ideas, and skills independently. These activities do not require copies or additional supplies.

High School Music

Content: High School Chorus

Skill(s): Developing vocal skills (breathing, listening, matching pitch, independence of voice, self-evaluation,

ear training) To maintain and refine proficiency with your voice, practice singing three to five times per week for at least 20 minutes. A good practice session includes several components; warm-ups, singing scales and patterns, and singing music. Begin each practice session with warm-ups.

Warm-ups

Stand tall with good posture. Inhale as you raise your hands slowly over your head extending your arms to full length. Exhale on a hissing sound as you drop your arms slowly to your side. Repeat several times. Remember the warm-up exercises that you sing in class? They are very important to warm-up your voice, make range more accessible, and to make your voice more flexible. Even though it might seem awkward to warm-up on your own, it will definitely help you sing your music with better tone and greater accuracy. Sing a scale using different patterns that you either make up on your own or that you have learned in class. Practice singing intervals and check your accuracy with a piano, keyboard, or electronic tuner.

Remember, when you practice your music start with a deep breath. Attempt to sing with long vowels and crisp consonants. Try to be expressive by using good phrasing and appropriate dynamics. If you can, record part of your practice. Analyze your performance and determine what went well and what you want to improve. Try and implement these improvements into your next practice session.

Online Options: Sightreading factory and smartmusic provide an opportunity to extend learning and refine rhythmic accuracy.

Content: High School Instrumental Music

Skill(s): Maintaining and refining proficiency on your instrument. Practice your instrument three to five times per week for at least 20 minutes. Practice sessions should include several components including warm-up, technique building, reviewing scales, and playing music. Use of a metronome and tuner can develop precision and control. Play a difficult musical exercise and slowly increase the tempo to refine techniques such as

fluency and articulation.

Best practices for brass players include: lip slurs, long tones, articulation exercises, scale practice, and building to upper and lower notes. Buzzing the mouthpiece in each practice session can build flexibility and strength.

Best practices for woodwind players include: Starting each practice session with long tones on a comfortable note in the middle/lower part of your range. Descend in half-steps, playing each pitch for eight (8) counts (80-BPM). Play this exercise down the chromatic scale 8 pitches and then begin again for a total of 10 minutes. Try to hold pitch steady and concentrate on producing a relaxed and vibrant tone.

Best practices for percussionists include: 8 on a hand, accents and taps, buzz and double stroke roll exercises, 16th note rhythm variations, rudiments, major scales and chromatic scale.

Best practices for string players include: Reviewing all 2 octave major scales using a variety of rhythms. Practice both with vibrato and without. Strive for accuracy in pitch and finger placement. Use a full bow to produce a great sound. Make sure that bow speed is monitored. Don't allow your bow to drift over the fingerboard.

Online Options: Two online programs will provide additional exercises to practice that will allow you to refine technique and sight reading skills. www.smartmusic.com and www.sightreadingfactory.com

Offline Options: Play as many scales as you can by memory. Start on any note and figure out the major scale. Use a metronome if possible. Practice any music in your folder, or that you can find around the house. Attempt to produce a superior tone at all times.

Content: High School Music

Skill(s): Working on basic music theory concepts. Emphasis on reviewing rules for key signatures and identifying key signatures.

Online Options: Use Music Theory.net for exercises.

Start with the Lesson Tab:

1. Scroll down to Scales and Key signatures.
2. Click on Key Signatures. Read the short review of the order of sharps and flats.

Next proceed to the Exercise Tab

1. Under Staff Identification
2. Click on Key Signature Identification (to change to your clef sign, locate the "gear icon" in the upper right-hand side of the page and CUSTOMIZE to your clef sign.)
3. See how many key signatures you can identify correctly.

Explore other lessons and exercises.

Offline Options: Review the order of sharps and flats in a key signature. Write down the order of sharps and flats in key signatures. Starting with one sharp – name the key signature and go through all seven sharps. Then begin with one flat and go through all seven flats. Write the name for each key signature.

Additional Challenge: write a one octave scale that corresponds to each key signature.

Content: High School Music

Skill(s): Understanding musical expression

Online Options: Watch and listen to the performance of Peter Meechan's "Song for Hope." Reflect on the

power of music to connect people and to express emotion. Think about how you use music in your daily life to not only entertain, but to express and reinforce your moods. Do you have a favorite song or album that you listen to when you are upbeat and happy? What about if you are feeling melancholy? Consider how music is used in society to enhance daily life. <https://www.youtube.com/watch?v=VnXadoWT1V0>

Offline Options: Listen to two or three of your favorite songs that are stylistically different. Reflect on the power of music to connect people and to express emotion. Think about how you use music in your daily life to not only entertain, but to express and reinforce your moods. Do you have a favorite song or album that you listen to when you are upbeat and happy? What about if you are feeling melancholy? Consider how music is used in society to enhance daily life.

Content: High School Music

Skill(s): Developing creativity through improvisation. If you want to learn to improvise, learning a blues scale is a great start. The typical blues scale consists of six different notes (C, Eb, F, Gb, G, Bb, C). These notes can be transposed to any starting pitch. For example if you start on G, the notes are G, Bb, C, Db, D, F, G). Play the scale ascending and descending one octave. See if your ear can start to memorize the intervallic relationships. Try to play the scale on a different pitch without writing it down. It is okay if you need to write it down, but you will want to commit the scale to memory, if possible. Try to improvise an idea using these notes. Repeating a rhythmic and melodic idea is important to provide structure to your composition. Have fun and be creative.

Online Options: Once you are comfortable with the scale, try improvising over a 12 bar blues. Try to avoid just playing the “scale.” Use rhythm to add interest.

<https://www.youtube.com/watch?v=AlwxBAp3CeM>