



# Middle School Music Learning Plans

These plans are also available on our website:

**[www.accomack.k12.va.us](http://www.accomack.k12.va.us)**

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

# Middle 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.

#### **Content: Middle 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. A good practice session includes several components including warm-up, technique building, reviewing scales, and playing music. Use of a metronome and tuner can develop precision and control. Be sure to practice difficult passages very slowly to develop rhythmic accuracy and to reinforce good tone quality. All musicians can study and practice music from their music folder or method book.

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

Best practices for woodwind players include: long tones, articulation exercises, scale practice, building upper and lower notes. Explore alternate fingerings and pay attention to enharmonic spellings when looking at the fingering chart. You can be creative with technique building. The idea is to get your fingers and articulations coordinated and moving faster. Break apart a scale into five notes ascending and descending. Slur two and tongue two. Gradually increase the speed. Move up one step on the scale and repeat.

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: Practice the scales you already know with various bowing styles: Legato, Staccato, Slurs - two notes slurred and two separated. Remember to use full bow and do not let your bow wander toward the fingerboard. Check your posture and try to stay relaxed as you practice.

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

**Offline Options:** Perform music from your current music folder and from your method book. Remember that your method book has a fingering chart. Make up your own song and if possible notate that song on paper

**Content: Chorus**

**Skill(s):** Developing vocal skills (breathing, listening, matching pitch, independence of voice, self-evaluation, ear training) In order 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 three times.

Remember the 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 silly to do these warm-ups 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.

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: Middle School Music**

**Skill(s):** Connecting with musicians. Do you have a musical family member? Perhaps you have a grandparent, aunt, uncle, or someone in your extended family that studied or performed music. This individual may still be performing and could be a wealth of information. Find out some details. Where and how did this individual learn to perform music? What are their influences? What do they enjoy most about performing? Do they still practice? What do they recommend for an aspiring musician? This is an opportunity to connect with a family member and reflect on your own musical goals. Ask this person to share artifacts such as pictures, concert programs, or recordings. Not only will you learn new information about a family member, but it might help direct your musical studies.

**Content: Middle School Chorus**

**Skill(s):** Connecting to professional artists. Who is your favorite singer? Do a little research to find out more information about this singer. What are some interesting facts? When did they become popular? List your two favorite songs. Analyze and explain why you like these songs. Use musical terminology such as melody, tempo, and rhythm to describe this song to a friend or family member.

**Online Options:** Students can use Wikipedia or another online resource to research their favorite singer.

**Offline Options:** Make a diagram of your favorite song. What is the meter? Is it fast or slow? What mood does it portray? Does it have repetition? Can you identify major parts such as verse, chorus, bridge, or introduction.

**Content: Middle School Music**

**Skill(s):** Reflect on the relationship of music and theater.

**Online Options:** Search the following link: <https://www.youtube.com/watch?v=oY-g09lacFA> (Disney's Broadway Hits at the Royal Albert Hall). Watch/listen to the entire video with family or while doing other work. Make a list of your top 5 favorite performances from the concert explaining why they stood out. Also reflect on the role music plays in the theater/drama setting.

**Offline Options:** Reflect and describe the multiple ways that music plays a role in our culture. Watch a movie or television show. In what ways does music enhance the plot or mood?

**Content: Music**

**Skill(s):** Understand the relationship between practice and performance.

**Online Options:** Click on the link and watch this young performer. Reflect on the amount of time and practice it takes to become really great as a musician.

<https://www.youtube.com/watch?v=HIMrAbr3HBA&feature=youtu.be>

**Offline Options:** Great musicians and artists all share a passion for their art. How do musicians become exemplary? What makes an artist virtuosic? What role do mentors play in the development of musicians?