

## Warming Up

Good musicians "warm-up" before performing. Making music --whether with the voice or an instrument is a physical activity. Muscles that produce sound need to be warmed up. This helps to prevent injuries. Warm-Ups tune the ears, move a person into a musical readiness by stretching/relaxing both the body and the voice, and focus the mind on music.

Warm-Ups in school music lessons also provide an opportunity for a quick "practice" session for beat, rhythm and pitch matching. Each lesson in Can Do will have ideas for warm-up. Use the ones given in the lesson or, as the year progresses, your favourites from past lessons. The first time a warm-up is used, detailed instructions will be included in the lesson. Check out the appendix for a complete list of CanDo1 warm-ups.

Enjoy the warm-ups, they're intended to be fun. Keep the pace moving and time given short.

### Focus: Listening Game

**"Musicians need good imaginations and good hands, but the most important thing for a musician to have is ...** (perhaps let children guess) **good ears! This is a listening game to tune your ears up.**

**Put your hands on your head** (leader puts hands on head),

**Put your hands on your knees** (leader puts hands on knees),

**Put your hands on your shoulders** (leader puts hands on head and looks around at students) **Where are your shoulders?**

(Go on quickly.) **Put your hands on your head ..."** etc.

Using a gentle, quiet voice forces students to listen. Once students are familiar with the game, it's an excellent way to attract silence.

I usually make up a tune as I play this game with students, however, it works as well with the instructions spoken in a very quiet voice. The juxtaposition of a verbal command to put hands on shoulders against a visual prompt to put hands on head, helps tune student attention to audio cues. And the game is fun. Keep it slow and easy at the beginning. As students improve, challenge them with speed and varying directions e.g. "elbows on elbows"?