

Key Stage 1 Music

Warm ups matter

You wouldn't expect a runner to go straight into a race as soon as they got out of bed; they would most probably injure themselves. It is just as important to stretch and relax your muscles before beginning to sing.



Think of warming up as exercising for your voice. What happens to your voice when you warm up is actually similar to what happens to athletes' muscles when they stretch and exercise.

Warming up loosens those muscles, helps to remove excess mucous and reduces the risk of injury. Regular vocal warm-ups also keep your voice in shape. Just as with other muscles in your body, you need to develop

your singing muscles to work efficiently and as they become stronger, your voice will too. Introducing a warm-up routine before you sing will improve the sound quality of your performance.



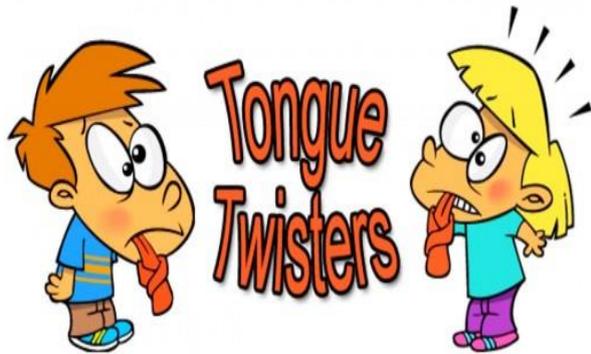
Posture is very important. Stand tall and straight, feet shoulder-width apart and flat on the ground, arms loosely hanging by the sides. You should feel comfortable.

Breathe deeply and slowly, filling your lungs with air. Keep your shoulders relaxed and try not to raise them as you inhale.

The following exercises should be done slowly and repeated at least eight times. They are not in any particular order.

- 1) Breathe in and hold your breath for 4 counts then exhale over 4 counts.
- 2) Roll shoulders back in a circular shape.
- 3) Roll shoulder forwards in a circular shape.
- 4) Raise shoulders and keep them raised for a few seconds then lower them back to a relaxed position.
- 5) Keeping shoulders facing front, move your head as far as it will go to the left, then back to centre. Now repeat to the right.
- 6) Using only your neck and head, tilt your head back as far as it will go then lower towards your chest.
- 7) Raise arms to the ceiling and wiggle all fingers. Arms back to sides and give them a gentle shake.
- 8) Open your mouth as wide as possible. Imagine an 'ahhh' shape. Then close your mouth.
- 9) Open your mouth as wide as possible but now imagine an 'eeee' shape. Now close your mouth.

Tongue Twisters : Repeat these over & over, faster & faster



Peter Piper

Greek grapes

Tittle tattle

Short slow shepherds

Red lorry yellow lorry

The skunk stank

Zig zag zebra

Red bulb blue bulb

Six sticky skeletons

Two tiny timid toads

Sunny sun shines

Double bubble gum doubles

Mixed biscuits

Daddy draws doors

Good blood bad blood

Luke likes licking lollies

Copper coloured coffee pot

