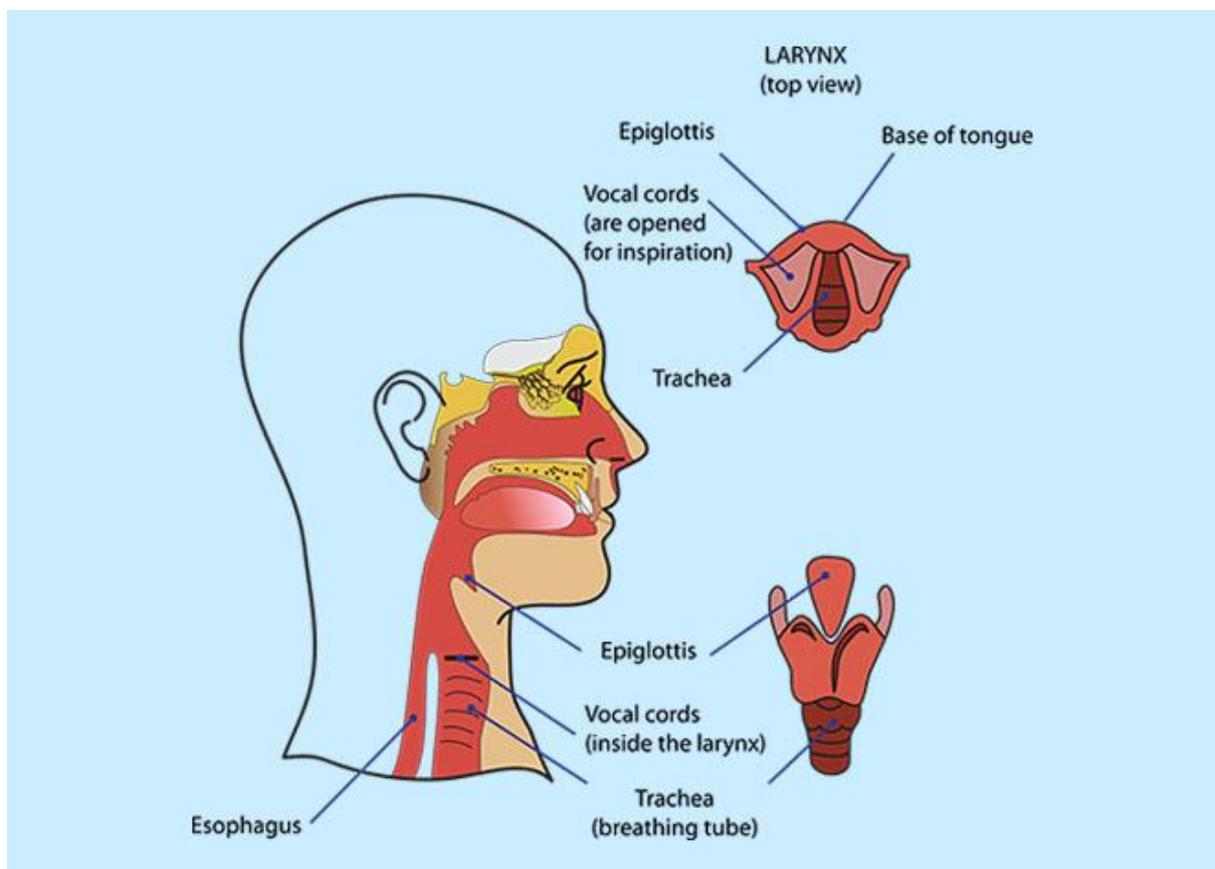


Key Stage 2 Music

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.

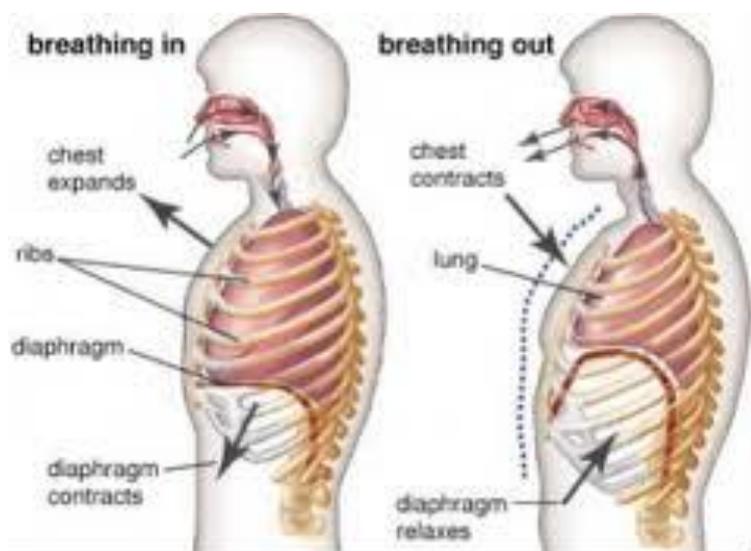


Think of warming up as exercising for your voice. What happens to your voice when you warm up is actually similar to what happens to athletes' muscles when they stretch and exercise.

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.

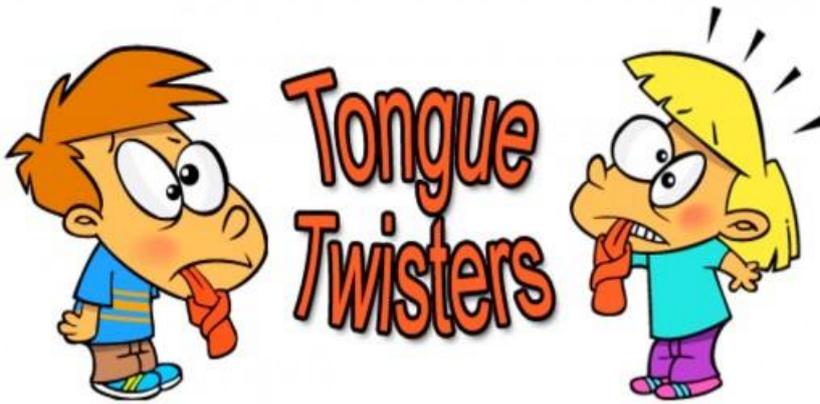
Posture is very important. Stand tall and straight, feet shoulder-width apart and flat on the ground, arms loosely hanging by the sides. You should feel comfortable.

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

Shimmering silver ships

Piles of poop in the palace

We shall see the sunshine soon

My sister's shop sells shoes for sheep

A big black bear bit a big black bug

The tip of the tongue the teeth the lips

Lucky Luke likes lakes

Brother Brock borrowed brother's bricks

Not these things but those things

The two tiny Tibble twins twice were tricked

Kitty caught the kitten in the kitchen

How much wood would a woodchuck chuck?

Perplexed people peep at Peter

Singing Sammy sings silent songs

Let's take a dip in the deep blue sea

Slim swan swam well

Mummy Miller made marmalade

Sheila shall surely show her shells

Silly Sally shooed the sheep

A twister of twists once twisted a twist

Five fresh fat fish

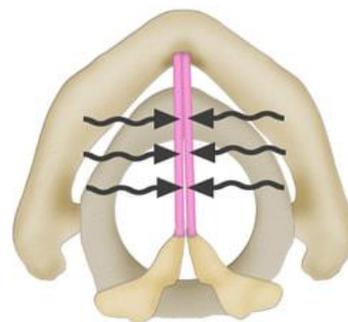
How we produce sound with our voices

breathing



vocal folds are open
(abducted)

speaking/singing



vocal folds come
together and vibrate
(adducted)

*view: looking down the throat,
onto the larynx*

When we breathe in, **the vocal cords** open to let air pass through **the** larynx, into **the** trachea, and down to **the** lungs. When we breathe out and want to talk, **the vocal cords** close. Air from **the** lungs trying to pass by **the** closed **vocal cords** causes them to vibrate, which makes sound