

Katy Mcniff

## Warm-Up Lesson Plan

Standard: AZ Performing Ensembles:Choir, Strand : Create, Concept 1:  
PO 306. singing with a resonant, clear and free tone with minimal prompting

Objective: Student will be able phonate in a healthful and productive manner conducive to singing, after performing a series of group exercises meant to encourage air flow, correct voice placement and resonance, and lack of vocal tension.

Materials: keyboard and piano

### Lesson:

- Stretching, making one arm longer, pulling on shorter wrist to stretch rib area muscles.
- Breathing and meditation: breathing in through the nose on 4, breathe out on a hiss for 4, repeat for 8/12/16/20. Each time allowing the mind to find itself in a comfortable space.
- Singers will follow me on various patterns, pausing when I do: first unvoiced plosives then phonated plosives: sss, xx, ch, guh, whoo. End with siren.
- D major lip bubbles/trills/vvvv: 1,3,2,4,3,5,4,2,1, up chromatically to A major descend
- Hmm to oh to ah to ee 1,2,3,2,1 ascend. B major, shaping
- My my my, 5,4,3,2,1 vowel color altos/basses taken further
- A major 5,1,5,1,5,1,5,3,1, vee ay, vee oh ve ah ha ha hah, ascending sopranos/tenors taken further
- Siren
- Everyone find an A, start on ooo, oh, ah, eh, ee. Basses down a fourth. Sopranos up a minor 3rd. Altos down major second. Moo mah meh moe moo, up a half step, repeat.
- Find pitches of last exercise, add mezza de voce peaking at meh.
- Siren, sit

Assessment: By the end of the warm up, students should demonstrate more vocal flexibility.  
Assess siren to check for range, stamina and projection.