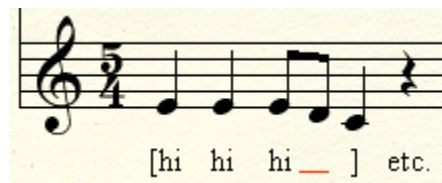


Lesson Plan
Men's Choir 12-06-06

Warm Up

1. Stretching, roll shoulders, talk about and find proper alignment
 - a. Good posture, release of tension, finding a sense of relaxation
2. Breathing exercises:
 - a. Breathe in for four, hiss out for eight
 - b. Breathe in for four, hiss out for twelve
 - c. Breathe in for four, hiss out for sixteen
 - d. Breathe in for four, hiss out for twenty
 - i. Proper breathing, expansion of the lungs and dropping of the diaphragm, maintaining expansion during singing

3. Vocalise No. 1



- a. pulse of the diaphragm and lower abs, marcato v. legato singing, height in the [i] vowel
4. Vocalise No. 3

4. Vocalise No. 3



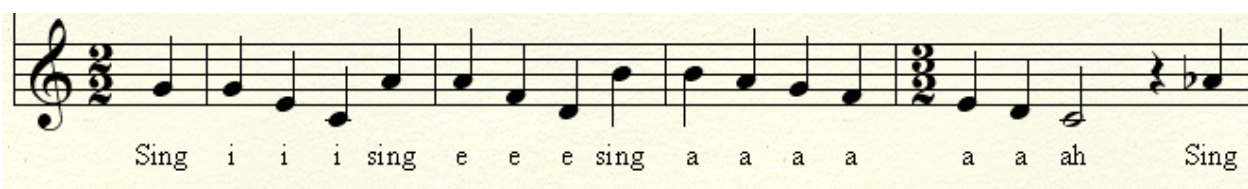
- a. relaxation of the jaw while singing, finding proper space for each vowel, warming up the upper register
5. Vocalise No. 9c

5. Vocalise No. 9c



- a. working on the tuning of the open fifth, freedom and relaxation in the singing of larger intervals
6. Vocalise No. 42

6. Vocalise No. 42



- a. staccato singing, relaxation and dropping of the jaw for each vowel while singing
staccato- not controlling the placement of the pitch, light- non forced tone
- 7. Solfege exercises
 - a. Scale
 - b. 3rd
 - c. Intervals
 - d. Chromatic
 - e. Do, Mi, So, Do, So, Mi, Do, So, Do
 - ii. Tuning, learning major and minor intervals, preparing the students for sight reading

Rehearsal

“Mary Had a Baby”

1. Review the origins of the piece and the definition of spiritual. How does this affect the tonal quality of the voice?
2. Sing page one- hold the chord on the top of pg. 10. Make sure the basses and baritones are finding their parts right away on beat one.
3. Speak the text with the correct cut offs. Focus especially on the d of the word Lord.
4. Add dynamics on page 10 and 11.
5. Hold chord at the key change on the bottom of page 11. Finish out the song working on pitches.
6. Discussion- How do the roles of the bass and tenor change at measure 37? Why the contrast?

“You’re a Mean One, Mr. Grinch!”

1. Just basses and baritones- sing measures 4-8. Then sing measures 15-19. Notice the change in harmony.
2. Go on and have them hold out their pitches on the ‘oo’ at measure 20.
3. Text emphasis on the tenor lines at measures 9 and 20. Which words are the most important? Bring those out in the phrases and use the other pitches to push forward into those important words.

“The Shepherd’s Spiritual”

1. Discuss placement of the p on the phrase rise up.
2. Add dynamics to create excitement.
3. Discuss the following:
 - a. What is the text about?
4. Give the students time to journal about and then discuss:
 - a. How can you relate the story/meaning of the text to an experience in your own life? Are there any experiences that you have had where you have felt the same excitement and willingness to follow something you believed in?
 - b. What message does the text send that can be transferred to you as an individual in your life today?