

## High School Band Warmup

**STANDARD: #2:** *Performing on instruments, alone and with others, a varied repertoire of music*  
a. perform with expression and technical accuracy a large and varied repertoire of instrumental literature with a level of difficulty of 4, on a scale of 1 to 6  
b. perform an appropriate part in an ensemble, demonstrating well-developed ensemble skills

**Level: Beginning Band**

**GOAL:** Students will work on proper posture, instrument carriage, and proper breathing technique. Students will work on using air effectively in supporting long tones

**BEHAVIORAL OBJECTIVE:** The students will work on developing proper posture, instrument carriage, breathing, and tone production.

**MATERIALS:** None

**OPENING:** "Everyone look up here at me."

### SEQUENCE:

1. **SEATED POSTURE:** Have all students stand and move back towards their chairs until their legs are touching the seat edge. Have them gently set themselves straight down and encourage them not to lean back. (Modify for tubas depending on carriage technique). Place horns in playing position.

**EVALUATION:** Check to see that no backs are touching chairs. Remind students of their head and shoulder positions and proper carriage.

2. **BREATH:** Once proper posture and carriage is achieved, have all students breathe in for 4 counts, out for four counts on open "O" (Hot potato in the mouth) with horns in playing position.

**EVALUATION:** Watch for rising shoulders. Also listen for stop or hitch (Valsalva maneuver) at end of inhaling (usually beat 4)-strive to make breath continuous motion in and out (like the waves on the beach). Instruments should not move excessively.

3. **TONE PRODUCTION:** Again breathing in for four beats, students will now play for four beats on a concert Bb/D/F at mf volume.

- a. In for 4, out for 8 at mf on Bb/D/F
- b. In for 4, and hold at mf on Bb/D/F

**EVALUATION:** Watch for rising shoulders and excessive horn movement. Listen for stop or hitch (Valsalva maneuver) at end of inhaling (usually beat 4)-strive to make breathing to playing continuous motion in and out (like the waves on the beach). Listen for rounded, centered tone.

**CLOSURE:** Everyone choose one of the three pitches we have used and, with me, breathe in for 4 and hold and listen.