

## High School Choral Warmup

STANDARD: #1 Singing alone and with others a varied repertoire of music.

- a. Sing accurately and with good breath control throughout their singing ranges, alone and in small and large ensembles.

Also b, d, and e.

Level: HS Beginning Choir

GOAL: Students will work on vocal techniques of posture, breath support, vocal resonance and head voice. Students will understand gradual dynamic changes in a rhythmic context.

BEHAVIORAL OBJECTIVE: Students will demonstrate their understanding of proper vocal technique by singing with erect posture, supported sound.

Students will demonstrate their understanding of gradual dynamic change by singing a consistent <> on a chord exercise while maintaining good balance and tone.

MATERIALS: Sanctus.

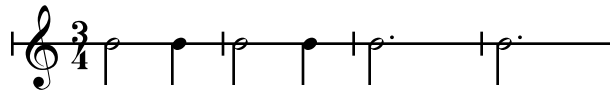
OPENING: Please stand and watch me.

SEQUENCE:

1. POSTURE: Model breathing in through nose while raising arms above head. Hold breath as arms slowly lower. Exhale on "ss".

**Evaluation:** They imitate 2x - make sure shoulder come down, chest stays high even during exhalation. Have them put hands on chest/stomach to check if necessary.

2. BREATH: Once good posture established keep hands on chest/stomach and have them pulse quarter notes in three on "tss". Move to this pattern:



Add dynamics: <>

**Evaluation:** Watch for low breath and pulse. Listen for dynamic change through pattern.

3. SOUND: Sing 'mm' starting on Bb triad and going up by half step.

5-4-3-2-1

Drop jaw hum "Ah" behind the 'mm'.

4. Sing 'mm' - i starting on Bb triad and going up by half step.

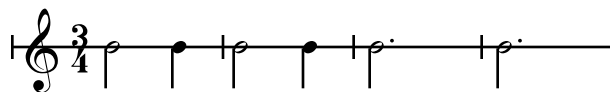
5 - 5-4-3-2-1

**Evaluation:** Watch for jaw tension. Listen for resonance. Have them use fingers to feel the buzz.

5. RANGE: I love to sing  
5 1' - 5 3 1

**Evaluation:** Listen for round supported sound.

6. PHRASING: Sing Eb chord from Sanctus on "nu." TUNE



Nu nu No no na na

Add <>

**Evaluation:** Listen for change in tuning as vowel opens. Use 'n' sound to focus resonance. Listen for gradual dynamic change, esp. sudden decresc.

CLOSURE: What piece from your folder are we going to start rehearsing?