

Mused 304

Warmup Plan Information

For your warmup assignment you are producing a full plan, but only teaching one or two exercises. You should be prepared to teach ALL of the exercises in your plan. Below are the four areas that your plan should cover. You can use the “Praise the Lord” plan as a guide for what other information your plan should contain. You may choose to put an additional warmup in under one area if you wish (as I did for sound concept-resonance), but you don’t need to.

Posture/Breath

- Focus on having the students *experience* a deep supported breath.
- Stretching and relaxation are important precursors to good singing.
- Watch how the students are standing/breathing during exercises.

Resonance/Sound Concept/Vowels

- Usually a descending exercise.
- Vowel choice affects the sound.
- Consonants can influence vowel placement and articulation.
- Keep exercise in a moderate range.

Range

- Think both high and low.
- Is your piece more stepwise or leaps?
- Vowels influence sound, but you must move toward open vowels as you go up.
- Work for consistency of tone throughout range.

Musical Preparation

- Customizing can be as simple as changing the rhythm, meter or key of a common exercise to fit the characteristics of the piece.
- Customize your warm-up to the FIRST piece being rehearsed that day.
- In general, exercises should begin and end on do or sol to facilitate moving by half step.

Sometimes the musical prep involves a chord warmup, sometimes not. For MS I try to do a chord or part-singing warmup every day. You can also just add one in anywhere after the first sung warmup.