

CPD day – Friday 16th December @ Pudsey Civic Hall

NC Team - Warm Ups, Starter Activities and Supporting Activities

Quick exciting vocal/instrumental warm ups to grab attention and establish routines

Checking the pitch – Clare James

From Ukulele Magic (Book 1) by Ian Lawrence

All sing:

- Higher or lower or staying the same
Checking the pitch is a listening game.

Teacher:

- Play Note 1, then Note 2.
- If Note 2 is **higher** than Note 1 pupils **stand up**.
- If Note 2 is **lower** than Note 1 pupils **crouch down**.
- If Note 2 is the **same** as Note 1 pupils **sit on chairs**.

Progressions:

- Pupils can perform the notes.
- The notes can get closer in pitch.
- Increase the time between notes.

Body percussion / Pulse and rhythm – Jenny Lee

Ollie from 'beat goes on' teaching body percussion

Jump,clap,mna mna- <https://www.youtube.com/watch?v=QOh1P1ZcTaU>

Stamp,stamp,clap,1234,stamp clap- <https://www.youtube.com/watch?v=sW2DY1Opgrl>

Stomp and clap the rhythm like that- Sam Mercer performs

https://www.youtube.com/watch?v=Hai5zdNbpYk&list=PL6WV9wEVdsshK3u_p2MfT3XctDHdFTWuj&index=6

4 beat warm up – Clare James

- Set up a 4 beat pulse with the feet stepping forward right, forward left, back right, back left.
- Gradually add a clap on only beat 1, then 2, 3 and 4.
- Repeat the exercise but on each cycle change the number that is clapped on.

Progressions:

- Add claps on the off-beat quavers.
- Half the class clap on all 4 beats and the other clap on the off-beats.

Notation Warm Ups

Body Percussion Flash Cards – Clare James

- Free downloadable flashcards - [Free Downloadable Resources – Len Tyler Music School](#)
- Free downloadable resources and flashcards - [Free Resources – Kodály Australia \(kodaly.org.au\)](#)
- Drum track - <https://www.youtube.com/watch?v=Tj7JNpivStM>

Online Ideas – Jenny Lee

Music with Mr Gray

<https://www.youtube.com/@MusicwithMrGray>

Free play alongs for brass, woodwind, ukulele, guitar, and percussion.

Examples:

- Recorder play along - 3. Heavy metal B (B)
<https://www.youtube.com/watch?v=DahAC1STzxo&list=PLn3HdYkrH7JdzUwxJIX3RkGcuS08QkMjy&index=3>
- Jingle Bells play along - Ukulele and Percussion (Coloured notes)
https://www.youtube.com/watch?v=Gi_7309TXu0

Musication website

<https://www.youtube.com/@musication>

music+education+gamification = musication

"musication" is a private channel from Jan Vink, music teacher in the Netherlands (Primary education). He creates visual playalongs for boomwhackers, (body-) percussion and handbells for primary education.

Colonel Hathi's March- <https://www.youtube.com/watch?v=mVsjjG4Tvd8>

Bouncing ball beat- <https://www.youtube.com/watch?v=6MNLqJRXtGw>

Funky Veggies- https://www.youtube.com/watch?v=1Hb5_TK6Uks

Warm Up Ideas – Claire Rivers

1. 'Rubber Chicken'

Count out loud as you do each shake:

8 shakes of the right hand in the air, 8 of the left

8 shakes of the right foot, 8 of the left.

Then 4 of each

2 of each

1 of each

Bend over and 'wobble' your body as you straighten up, saying "Ruuuubber chicken!!"

Ways to vary it:
Stage whisper
Your lowest voice
American voice
As fast as you can, but keeping in time with others
Start slow and accelerate
Muted
Only say the last number each time

An example on Youtube, with Lin Marsh:

https://www.youtube.com/watch?v=aT_9vzHDZOc

There is also a video on the Sing Up website, with jazzy piano accompaniment!

2. Jump, Slide, Clap, Oh yeah!

This is on Youtube, on a channel by Richard Filz. It is better to watch it and teach it yourself, as he does it quite slowly! <https://www.youtube.com/watch?v=aKEIJUrfNKA>

Jump, slide, clap, Oh yeah *
Put your hands up in the air!

Perform as a canon, with the next group starting after the asterisk. Once they know it well, try doing it with percussion, such as claves, without words.

It's worth browsing on Richard's site, as there are some body percussion 'routines' to accompany classical music, which can help with the understanding of form (with the same actions for each section of music). An example of this is Mozart's 'Rondo Alla Turca' (a listening piece in the MMC list):

<https://www.youtube.com/watch?v=ahl14ynBu4E>

3. The Stick Game – Mr DelGaudio

This is a fun, quick game to start with if you have just picked up some claves. I would learn it first and then teach it without the video, varying the names of the places at the end and inviting children to make up their own. There are lots more on his channel.

<https://www.youtube.com/watch?v=bN5xJ4o4ASM>

4. Notation reading warm ups:

I like the 'Rhythm Roundup' exercises on Tamsyn's site ('Mrs Durrant Rhymes with Currant'), as the backing track is funky and they can move up the levels. Each level includes some improvisation work: https://www.youtube.com/watch?v=A91v4RP_Z3I

There are also some 'Rhythm detective' games, with a mystery word to unveil: <https://www.youtube.com/watch?v=1ynR1v6fO7A>

If you need some free notation resources to print or display, Kodaly practitioner Len Tyler has lots of free rhythm resources on his website:

<https://lentylermusicschool.co.uk/free-downloadable-resources/>

5. Tapping the beat to different time signatures:

Music Express have some quick warm ups for making body percussion patterns and to practise listening skills:

Counting in 2s to Beethoven's 5th

In 4 time with 16 beat phrases (time to change the pattern)

In 3 and 4 time, alternating between the two

In 3, 4, then 5 time

Listen to the Bhangra beat and clap once when you hear the Indian bell, twice when you hear the wood block.

Sound clips attached!

Warm Up Ideas – Lee Muncaster

1. Mr Muncaster's £1 challenge

Easy version, use the England football chant 'ta ta titi ta titi ti ta – England!' Clap the rhythm with the children until secure. Then clap it on a loop as an ostinato. Whilst the class are clapping the ostinato, leave a rest for a beat and restart the rhythm so you are 1 beat later than the rest of the class, like a canon with one beat separation. Once the children understand the concept, split the class in 2 and start one side off clapping the rhythm, then the other side clapping 1 beat behind. Find a confident leader to keep each side in time. Switch parts round.

Try an individual 1-1 challenge where a single student has to keep clapping the rhythm independently whilst you clap a beat before them (it feels harder if you're clapping ahead of them than behind!).

Hard version (£1 challenge) was to use the original rhythm from Steve Reich's Clapping Music - [\(14\) Steve Reich - Clapping Music \(Scrolling\) - YouTube](#)

Teach it with the words 'I can clap very fast, like this!' and follow the previous steps. If an individual can keep it going confidently in a duet whilst you clap 4 cycles,

shortening each time, they win the challenge. Eventually I got a bit tight and it became the Mr Muncaster Thumbs up and Cheesy Grin Challenge.

2. Pitch Freeze Game

Choose an instrument where its tricky for the children to see which note you are playing or hide your fingers. Play a high note, children have to put their hands on their shoulders, choose and play a lower note and children have to put their hands on their tummys. Switch between the two moving between high and low at random intervals until the children get used to the idea. Then add a third note a bit higher than the first where children have to put hands on their head. You can add a fourth where children put their hands on their knees for an even lower note. Move between the three or four notes randomly, trying to catch the children out.

Every so often shout 'Freeze!' and children don't move. Rules of the game – if anyone's hands are in the wrong place after the freeze they are out. If anyone moves after the freeze they are out and (for some classes!) if anyone tells tales on another person, they are out!!

Out children have to sit down, but usually get let back in again after a couple of rounds. You can make it harder by using 4 notes and decreasing the intervals between the notes.

3. Clapping cycles

Count up to 8 with the children on a loop. Introduce a clap on the number 1. And then on the numbers 1 and 8. Get used to clapping straight away on the 1 again after they have clapped for the 8.

Now, ask the children to clap on:

1 and 8, 1 and 7, 1 and 6, 1 and 5, 1 and 4, 1 and 3, 1 and 2, 1

Speed it up a bit to increase the difficulty. Try making it harder by asking children to do it with eyes closed so they are just using their 'thinking voices' and ears to know when to clap – this is usually where it all falls apart amusingly!