

# Music pre base for students of Vrijeschool Pabo

*From known songs to rhythm notation and staff notation*

## Designed for:

Students who haven't got much experience in making music, how to sing and how to read music. I already taught these students music in the normal lessons so some exercises are known already.

## Aims:

- The student can sing on the right pitch
- The student can sing easy songs for children in a proper way
- The student can combine singing and clapping/body percussion patterns
- The student has a basic knowledge of rhythmic and melodic notation, basic music terms
- The student knows the difference between measure and rhythm
- The student is prepared for the music test, which is about music theory as mentioned above

9 sessions of 1,5 hour on Wednesday

## Material:

- Do, do re do, do re mi re do etc (for major feeling)
- la, la ti la, la ti do ti la etc (for minor feeling)
- handsigns for singing do re mi
- songs with so, mi do as anchor points to experience the 5th the 3th and the 1st
- Rhythm language training in takadimi
- Telephone game
- Flash cards with rhythms
- Clapping games with binary and ternary feeling
- Voice warming exercises

## Songs and games:

- The seven (heartbeat, anticipation of the movement)
- Hillengully (playing, so, mi do, rhythm versus heartbeat, height of notes with hands and whole body)
- Sorida (playing, so, mi do, heartbeat)
- Obwasimi sana (playing, rhythm versus heartbeat, introducing tadi, ta and rest)
- Can you be like an eagle/ o great spirit (beat and afterbeat)
- Senua de dende (playing, heartbeat, rhythm)  
<https://www.youtube.com/watch?v=obVYlu5Z3LY>
- Haida (with dance, heartbeat, minor scale)
- Clapping games with the length of the notes
- Is er wat te doen voor de ketellapper (for rhythm, canon, movement with the text, takadimi)
- Eenzaam door de hete sahara (Canon, dotted note, heartbeat, rhythm)

- Head and shoulders (play, movement with song, heartbeat, anticipation)

#### Structure of the lessons:

- warming up rhythmically and/or voice
- practise/presentation/preparation with rhythm or melody
- practising theory and studying it
- closing with song/play/dance

## Lessons

(In black is repetition of previous activity, exercises already known from previous lessons.)

### Lesson 1

- telling what the purpose is and asking which needs are in the group 10 min
- **practise: Rhythmic warm up: the seven with sh** 10 min
- **Practise: Singing warm up: singing exercises: vowels and breathsupport** 10 min
- Presentation: introducing the do range by singing it till so with the hand signs 5 min
- Preparation: learning the do song and singing it in canon 10 min
- **Preparation: obwasimi with stonepassing, beat walking, rhythm clapping** 15 min
- Presentation: tadi, ta and sh out of song 5 min
- Practise: telephone game with tadi, ta and sh as building stones 15 min
- Practise: Haida with dance 5 min

### Lesson 2

- **Practise: Rhythmic warm up: seven with extra serie and sh in canon** 10 min
- **Practise: Singing warm up: vowels and working on range of the voice** 10 min
- Preparation: Do range till octave with hand signs, song with canon 10 min
- **Practise Repeat obwasimi with heartbeat and rhythm** 5 min
- Preparation: Teaching Is er wat te doen voor de ketellapper with movements, practising heartbeat and rhythm in this song 10 min
- Presentation: Takadimi, ta dimi, tadi, ta out of the song 5 min
- Practise: Telephone game with takadimi, tadi, tadimi, ta 15 min
- homework: study chapter 2 from the handout theory 5 min
- **Practise: Haida dance in canon** 10 min

### Lesson 3

- Preparation: Moving rhythm notes: glij (whole note) stap (half note), loop (quarter note), rennen (two eighth notes), harder rennen (four sixteenth notes) 7 min
- Preparation: Rhythmic warm up: rhythm canon with length of the notes 10 min
- Presentation: theory of length of notes on blackboard and discussion about the theory the students studied 15 min
- Practise: Practising rhythms on stencils 15 min
- **Haida dance with canon** 8 min

#### Lesson 4

- **Preparation/Practise: Moving rhythm notes: glij etc** 5 min
- **Preparation/ Practise: Rhythmic canon** 7 min
- Presentation/practise Continuing theory length of notes and practising on blackboard 15 min
- Preparation/practise Binary and ternary rhythm practise with clapping and stamping 15 min
- **Singing warm up: vowels and working on range of the voice** 10 min
- Presentation: Difference between soprano, alto, tenor and bass and experience in which voice each student sings suitable 15 min
- **Practise/Preparation: Do range/ la range with song and movements** 10 min
- Homework chapter 3
- Practise: Give me one (song and game) 10 min

#### Lesson 5

- **Practise: Singing through: is er wat te doen, obwasimi sana, practising heartbeat and rhythm with the songs in various ways** 7 min
- **Presentation: repetition of takadimi, tadi, ta en sh** 5 min
- Practise: Groupwork: make your own rhythm pattern one bar in 4/4 10 min
- Practise: playing the results (after each other, in specific orders etc) 15 min
- **Preparation: Do re mi and la ti do range with song and movement** 10 min
- Talking about major, minor grondtoon, tert and kwint 10 min
- Presentation: Questions about theory 15 min
- Practise: Simple reading of notes from the blackboard with stave 10 min
- Homework chapter 4
- **Practise: give me one** 5 min

#### Lesson 6

- **Practise: Rhythm echo** and with overlap 8 min
- Practise: clapping binaire and ternaire rhythm in flow form 15 min
- Practise: groupwork: make your own rhythm pattern in two bars in ¾ 10 min
- Practise: playing the results (after each other, in specific orders etc) 15 min
- **Voice warm up** 7 min
- Preparation: Sorida; so on head, ri on shoulders, da on legs; ballgame 15 min
- Presentation: awareness of so mi and do 5 min

- Presentation: Questions about theory 15 min
- Homework chapter 5
- **Practise: head and shoulders** 5 min

## Lesson 7

- **Practise: Rhythm echo and with overlap** 8 min
- Practise: groupwork: make your own rhythm pattern in two bars in 6/8 10 min
- Practise: playing the results (after each other, in specific orders etc) 15 min
- **Practise: Voice warm up** 10 min
- **Practise: So ri da with hand signs** 5 min
- Preparation: **Hillengully** and humming do, 5<sup>th</sup> and third 10 min
- Presentation: awareness for triad on the first scale in major and how it is build 5 min
- **Practise: singing easy melodies by sight on blackboard from do till so with help of the scale at the blackboard** 10 min
- Presentation: Questions about theory 15 min
- Preparation: eenzaam door de hete sahara 15 min
- Homework chapter 6

## Lesson 8

- **Practise: Voice warm up** 5 min
- **Preparation: eenzaam door de hete sahara** 10 min
- Presentation: dotted notes out of Eenzaam door de hete sahara 5 min
- Practise: Telephone game with dotted notes in it 15 min
- Practise: Rhythm dictation 15 min
- **Presentation: singing so ri da with handsigns, melodic dictation from do till so on music staves** 10 min
- Presentation: Questions about theory 10 min
- Practise: senua de dende 20 min

## Lesson 9

- **Practise: Voice warm up** 5 min
- **Practise: senua de dende** 10 min
- Presentation: melodic dictation from do till so with the whole group 10 min
- Presentation/ practise: hillengully singing with movements.  
Heartbeats on ground, rhythm visualised with sticks, letters under sticks and eventually everybody is writing the song down in notation 45 min
- **Play: Closure of the cycle with a round of all the favourite songs** 15 min

**Raoul Boesten, 30-11-2022**