

# ENCORE VOCAL PROGRAMME

1st – 3rd

## SING ORFF

*Singing is Active!!*



Many schools are having 'Active Schools Week' at home around now. The great news is that singing and dancing are brilliant ways of keeping active, and that singing is a complete exercise for the body and mind!

It's more important than ever to keep active when we are staying at home, so keep including singing and moving to your activities to stay healthy and happy while staying at home!



Over the next couple of weeks we will be sharing some of our favourite videos and activities with you that can help you use your bodies and voices in really active ways.

### THIS WEEK



Elsbeth's Brain Dance is a great way of getting your whole body warmed up and active for singing or any other activity!

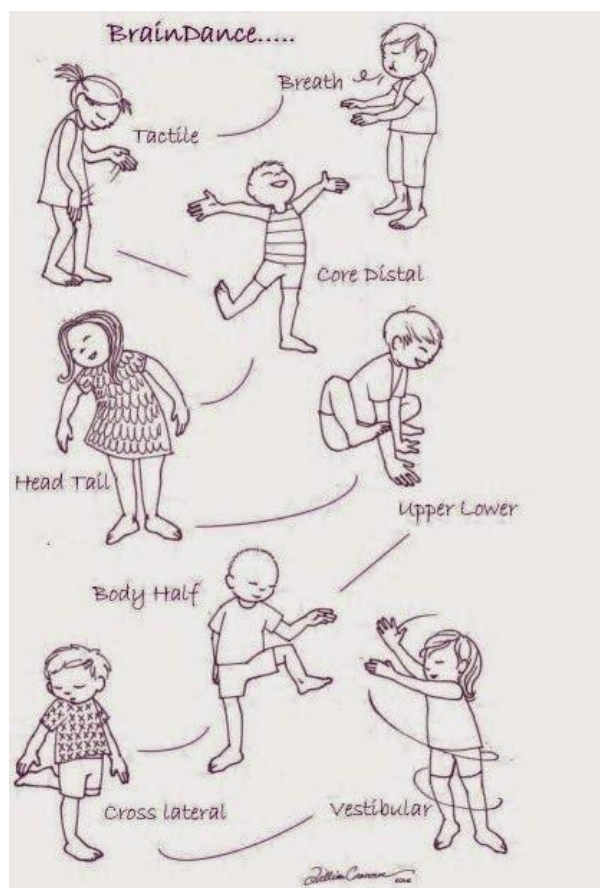
Marian is singing the next part of 'Let's Go Fly a Kite' with you. We hope you are having fun learning this song. Maybe you had a go at making your own kite? Did it fly? This is something you can do at any time.

Ali is starting to teach a body percussion dance called 'Alley Cat', which is lots of fun and will keep you really active!

### FUN RESOURCES AND ACTIVITIES:-

- ✓ 'BRAIN DANCE' – Elspeth <https://youtu.be/tMZQqOTPCQs>
- ✓ "LET'S GO FLY A KITE" – Marian [https://youtu.be/KL\\_YBGw5icA](https://youtu.be/KL_YBGw5icA)
- ✓ "ALLEY CAT" – Ali <https://youtu.be/TPY6I-OUONM>

## BRAIN DANCE – offline activity



Even if you can't watch the video, you can still do the Brain Dance. You can choose your favourite music to dance to, slow or fast, or don't use music if you prefer just to move! Maybe you could do this with other people in your house?

The steps of the Brain Dance follow a pattern which is shown in the picture, but you can make up your own moves to go with the different parts of the dance.

Move through the different parts of the dance step by step and wake up your body and mind!

**Step 1: Breath** – what could you do to help you take some big deep breaths? See if you can breathe out for longer than you breathe in.

**Step 2: Tactile / Touch.** Tap all over from your head to toe. Think of some other forms of touch you can use to go from head to toe.

**Step 3: Core-Distal.** This is about growing from small shapes to stretching into big shapes and back again. How many ways could you do this?

**Step 4: Head-Tail.** This step stretches your spine in different directions. Your spine runs from the bottom of your back to your neck. How many different ways can you stretch and bend it?

**Step 5: Upper-Lower.** Imagine your body is split in half across your middle. Keep one half still while moving the other half, then swap. Try doing this with different movements.

**Step 6: Body-Side.** Now imagine your body is split in half down the centre. Keep one side still while moving the other side, then swap.

**Step 7: Cross-Lateral.** This means diagonal or opposites. So move one leg and the opposite arm in as many different ways as you can, then swap.

**Step 8: Vestibular.** This is about your balance. So do something that makes you a bit unbalanced, like swaying, rocking or rolling, then rebalance yourself.

We really love hearing how you're getting on with music-making at home and hope you enjoy singing with us. Be sure to keep in touch and share with us here what you are up to musically:

[musicgenerationcarlow@kcetb.ie](mailto:musicgenerationcarlow@kcetb.ie)

**Take care and keep singing and moving!**

Marian

Carrie Adams

Espeeth

Ali