

REHEARSAL PLAN

Advanced Mixed Ensemble

Warm Ups (10-15 minutes)

- I. Body
 - A. Stretching and massage
 - B. "Break down"
 - C. Posture check
- II. Breath
 - A. Nose on belt, low breath
 - B. Blow out birthday candles
 - C. Panting
 - D. "In on x, out on x"
- III. Resonance
 - A. Humming
 - B. Lip trills
 - C. Ming
 - D. Sighs
 - E. "I love to sing!"
- IV. Intonation
 - A. Mi-me-ma-mo-mu
 - B. Chord building

"Sicut Cervus", Palestrina (20 minutes)

- I. Choir sings the tenor part mm. 1-7 on [li] in whatever octave is most comfortable.
- II. Discuss with the students where the phrase peaks. Rehearse the measures again and pulse each eighth note. Have the students change the dynamic level of each pulse to create direction in the phrase. Demonstrate how to use body movement to show phrasing and instruct students to imitate.
- III. Instruct each section to apply these methods to their respective lines. Sing together. The sections must use their bodies to show when their phrase peaks.

"My Spirit Sang All Day", Finzi (20 minutes)

- I. Speak the text in rhythm. Focus on proper articulation and text emphasis.
- II. Learn the notes for mm. 1-14 under tempo on solfege.
- III. Add text and articulation.