Move ‘EM or Lose ‘EM

Alleluia Conference, Baylor University
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Movement is a necessary part of every rehearsal--Using Body Energizers, Movement Activities, Games, Props and more to enhance the weekly choir rehearsal.

Group Echoes
- Echo Claps
- Echo with Props - Mouth Percussion (Sphere)
- Oops Rhythm

Body Energizers/Vocalises

- **Body Scale** *(Monkey visual, All Creation Sings Fall – Preschool, 2017)*
  --perform various patterns as a warm up
  --"Guess the pattern"
- **Rhythm Round** “Cocoa Cola Went to Town”
  --body energizer or tension release

<table>
<thead>
<tr>
<th>Co-coa</th>
<th>Co-la</th>
<th>went to</th>
<th>town</th>
</tr>
</thead>
<tbody>
<tr>
<td>(walk)</td>
<td>(walk)</td>
<td>(walk)</td>
<td>(walk)</td>
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<thead>
<tr>
<th>Di-et</th>
<th>Pep-si</th>
<th>knocked him</th>
<th>down</th>
</tr>
</thead>
<tbody>
<tr>
<td>(punch)</td>
<td>(punch)</td>
<td>(punch)</td>
<td>(sit)</td>
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<thead>
<tr>
<th>Doctor</th>
<th>Pep-per</th>
<th>picked him</th>
<th>up.</th>
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</thead>
<tbody>
<tr>
<td>(standing)</td>
<td>raising</td>
<td>arms)</td>
<td></td>
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<table>
<thead>
<tr>
<th>Now we</th>
<th>all drink</th>
<th>Sev-en</th>
<th>up.</th>
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<td>(raising right hand w/pretend can to mouth like taking a sip)</td>
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Perform all together first. Then perform in a round speaking and moving.
Next, perform in round moving only (say words silently) - this develops inner hearing.
• **BODY ENERGIZER**  
  *Animal Groovn’ & Movin’*  
  --Energizer from *All Creation Sings Fall – Younger, 2017*  
  --CD Demo #10

• **At the Sound of the Bell**

• **Posture Alert**
  0 – Movie Position  
  1 - Sitting on the edge of chair with hands in lap  
  1 ½ - sitting on the edge of chair, holding music  
  2 – standing tall, hands by side  
  2 ½ - standing tall, holding music

• **Rhythm Ladder/Movement Ladder**

  *Song: Let Everything That Has Breath*  
  *CD#4, All Creation Sings Fall – YC 2017*

• **1, 123**

  1,  
  123  
  1, 12345  
  1, 1234567

• **Stand/Sit on Certain Words**

  *My Bonnie Lies Over the Ocean* (stand/sit on “b” words)

  *Song: Sing Praises to the Lord*  
  #1, *All Creation Sings Fall – Younger, 2017*  
  (stand/sit “praises to the Lord” or “praise the Lord”)*
CONDUCTING

Both younger and older children enjoy conducting. Use it to teach proper conducting technique and also provide an opportunity for children to “listen” to a quality recording of a song they will sing.

--Mirror Technique (use both hands)

4/4 (down, in, out, up)

3/4 (down, out, up)

2/4 or 6/8 (down, up)

---From All Creation Sings
   Fall – Younger, 2017
   • This is My Father’s World, CD #2
   • Praising You, CD #3

3/4 songs

---From All Creation Sings
   Fall – Older, 2017
   • All Things Bright &Beautiful, CD#3

4/4 songs

---From All Creation Sings
   Fall – Younger, 2017
   • Let Everything that HasBreath, CD#4
   • Bells Are Ringing,CD#6

2/4 songs OR grouping of 2 beats
MOVEMENT GAMES/ACTIVITIES

1. **CHICKEN IN THE FENCEPOST** Activity

2. **SASHA** – Dance
   
   Energizer from *All Creation Sings* Fall - Younger, 2017
   
   --Choreography demo

3. **BOOK BALANCE**

   - Children walk in a circle, with a book atop their head, as the recording is played.
   - When the music stops they kneel without dropping the book.
   - If the book is dropped give them a small sticky note.
   - At the end of the game the students with the fewest “sticky notes” wins.

4. **BALL PASS**

   - Children stand in a circle and EXTEND their left hand palm up to the middle.
   - Place a “B-B Ball” or Tennis ball in their extended hand.
   - With the right hand GRAB the ball from their right hand and place it into the left hand of their neighbor, passing the ball to the steady beat.
   - Say: “Grab, Move, Grab, Move” as you perform together
   - Perform with a recording of a song you will be working on.

   i.e. “Tennis Ball Moves”
   
   -- Warm-Up from *All Creation Sings* Fall - Younger, 2017

   **VARIATION:**

   - Perform as above but with TENNIS BALLS or small bouncy balls adding a bounce.
   - Grab, bounce, catch, pass.

5. **HULA HOOP ACTIVITIES**

   A. **MUSICAL HOOPS**
   B. **RHYTHM READING/WRITING** with Hoops
   C. **RHYTHMIC** and **MELODIC LISTENING**
      
      --stepping inside & outside the hoop

6. **Bean Bag Balance/Bounce** (See instruction sheet)
7. **Bean Bag Pass** (See instruction sheet)

8. **STAFF GAMES**

   --Floor Staff
   Possible Games
   - “On a Line/In a Space”
   - “Bean Bag Toss” (Face away from staff - toss over your shoulder)
     --name if it’s a line or space note
     --name the “letter name” of the note
     --2 bags - INTERVALS (step, skip, repeat)
   - “Call out a Note” (kids stand on “note” called)

9. **“Rhythm Basket Turn Over”**

   --All persons have a rhythm flash card
   --1 person in the middle
   --Teacher calls out or claps a pattern
     (i.e. Tah – tah – ti- ti – tah)
     2 people have the pattern
     --they must scramble to swap chairs
   --“It” tries to “steal” a chair
   --SAY: “RHYTHM BASKET TURN OVER” at random
     --everyone must change seats
   --when a person loses their seat they give up their “rhythm” to that person. (“IT” doesn’t have rhythm pattern.)

10. **NAME GAME** “Charlie over the Ocean” with names

    --Choose a child to be “it”
    --Sing the song as the child walks around the circle - the child at end of song TAPS the head or SHOULDER of a child. “It” moves quickly around the circle to take the “tapped” child’s seat. If the child is caught they go in the center of the circle or “mosh pit.”
11. **YARN SEARCH**

*Materials:* Varying lengths of yarn (at least 25 per team) anywhere from 8 to 16”

CD Player

*Instructions:*
- Divide your choir into groups of no more than 6 or 8
- Before choir lay the lengths of yarn you have prepared around the room. Some can be semi-hidden (sticking out from behind a picture, under chairs, etc.)
- Tell the children the object of the game is to collect as many lengths of the yarn as they can as the music recording is played and TIE them together to form a LONG CHAIN.
- Tell the children to work as a team. Some be the “searchers/hunters” who look for the yarn pieces, others be the ones tying the yarn together.
- When the music stops have the groups line up and see whose team has the longest piece of yarn.

12. **PLASTIC WRAP BALL PASS**

*Materials:* A large roll of plastic wrap
- Candy & other small prizes for the “ball” you will create
- CD recording of a song you are working on
- Chairs placed in a circle

*Instructions:*
- CREATE a “Plastic Wrap Ball” by wrapping various prizes inside plastic wrap, starting with the largest prize in the center. Put only one prize per layer of plastic wrap. You can make the ball as large as you desire. I suggest at least 8-10” across.
- Children sit in a circle.
- Play a recording of a song (as you would for “Musical Chairs”) as you pass the ball around the circle. When the music stops allow time for the child to remove one layer of plastic wrap and get a prize.
- This game allows for every child to get at least one prize.
- As you stop the music try to gauge the recording so each person gets to unwrap at least once.
- The center prize is the biggest prize.
- Children will hear the recording many times and have fun in the process.
- Great game for Christmas season to subtly introduce a new song for the spring.