

# 'Music on the Menu'

Hello schools, parents and carers.

Welcome to our second edition of **Music on the Menu**. We hope you enjoyed exploring last week's ideas. Here are some more ideas for how to include and enjoy high quality music experiences with your children/young people each day. Once again, these ideas are suitable for primary school, secondary school and home settings, so please do pass the information on to your parents and carers.



## LISTENING

Why not start the day by listening to beautiful music?  
Here is a piece of classical music that will help to calm and focus the mind.

### 'Vocalise'

(Composer – Sergeii Rachmaninoff)

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



## SINGING/ COMPOSITION

For a great selection of pulse & rhythm and pitch & singing activities, please visit <http://www.westsussexmusic.co.uk>.

- Click on Staff Zone
- Click on School Zone
- Username: Schools
- Password: SchoolsAccess1
- Go to 'Pulse and Rhythm' folder
- Go to 'Pitch and Singing' folder

## Friday Afternoons



**Friday Afternoons** is about encouraging young people to sing. Newly composed songs and support materials aim to help teachers develop their students' skills – as performers, listeners and composers. The high-quality vocal music is written for a variety of abilities from primary right through to youth choirs and secondary schools and includes signed videos and Braille scores. All resources are available on the website for FREE.

*Why not dip into the supporting resources to develop creative work using the songs as a starting point.*

To register, please visit <https://www.fridayafternoonsmusic.co.uk/>



- 1) **Sing Up** now has a Home Schooling Area for ages 4 – 16 years and has a selection of downloadable songs, exercises and videos to keep young people learning. Check it out at <http://bit.ly/SUhome-school>.
- 2) **Become a Sing Up Friend:** Complete the registration form to create a FREE Sing Up Friend account <https://www.singup.org/registration/join/stage-1-friend> and discover some great resources to share with your children.
- 3) **If you are already a Sing Up member**, you can visit <https://www.singup.org/home-schooling> for ideas.

## ONLINE CHORAL SINGING

### 1) The Great British Home Chorus

British choirmaster, composer and TV presenter, **Gareth Malone**, has launched an 'at home' digital choir to boost the nation's morale during coronavirus self-isolation.

'The Great British Home Chorus', has been designed to bring together both amateur and professional performers around the UK by encouraging them to sing with others online at no cost.

To find out more and sign up, visit <https://decca.com/greatbritishhomechorus/>

## 2) **Self-Isolation Choir – The Messiah At Home (in association with ChoraLine)**

This choir has been formed by choral singers, for choral singers, to allow those who would normally be attending rehearsals and concerts to continue to sing! The Messiah has been chosen in conjunction with ChoraLine because at Easter time, this is the most performed work across the UK and the rest of the world.

You will enjoy weekly live rehearsals for an hour with the Choral Director on a YouTube Channel and be part of the Choir as you sing the entire work in concert on Sunday 31st May, supported by an orchestra and soloists recorded from home especially for this occasion. Once you have joined the Choir, you will be sent detailed joining instructions by email.

To join Self-Isolation Choir, please visit <https://www.theseisolationchoir.com/>



## **LISTENING AND APPRAISING**

You'll find a wide range of music to listen to on our website in Schools Zone/Listening.

As well as this, how about dipping into **BBC Ten Pieces?**

**Ten Pieces** aims to open up the world of classical music to 7-14 year olds across the UK and inspire them to develop their own creative responses to the music.

Free teaching resources for Ten Pieces I, II and III are all available, including new resources for Key Stage 1.

You can work with as many pieces as you like, and as Ten Pieces is a flexible project, you can use the resources to fit in with your own timetable of learning.

Suggestion: Take a look at **Steve Reich** and his **Music for 18 Musicians**.  
<https://www.bbc.co.uk/teach/ten-pieces/classical-music-steve-reich-music-for-18-musicians/zk44y9q>

Trailblazer Steve Reich is famous for smashing musical boundaries through mixing together his classical training with his love of African drumming, jazz and pop music. He helped to invent a whole new form of music: minimalism.

There are lots of plans and activities to accompany this piece of music on the website including ideas about how to get creative and compose your own music! Perhaps you can find other music by this composer and even similar types of music by other composers.

My favourite Steve Reich composition is Electric Counterpoint III (Fast) <https://www.youtube.com/watch?v=TKVpUSWCug> A piece written for guitar ensemble (or electric guitar and tape), you can follow the structure and texture of this piece on the YouTube video clip!

If you like this movement, have a listen to the two: Counterpoint I (Fast) and Counterpoint II (Slow).

## CLASSICAL MUSIC AND OPERA TO STREAM AT HOME

With concert halls and opera houses closed due to coronavirus, organisations and musicians across the world are live-streaming concerts from their homes, or from empty halls, and opening up their digital archives so that everyone can still access their music. To select a concert to enjoy, please visit:

<https://www.theguardian.com/music/2020/mar/23/opera-and-classical-your-home-watching-guide-critics-picks>

## LET'S GET ACTIVE!

**Ollie Tunmer (Beat Goes On)** is running daily body percussion sessions at 11 am. To find out more and catch up with his sessions, please visit:

[https://www.youtube.com/user/OllieTunmer?fbclid=IwAR1rYsh\\_AuZ8-i72UdeS7B1NncukhxMnBg56vDSqF2ZbFgv9XfkrR4avfzg](https://www.youtube.com/user/OllieTunmer?fbclid=IwAR1rYsh_AuZ8-i72UdeS7B1NncukhxMnBg56vDSqF2ZbFgv9XfkrR4avfzg)



Changing lives through music