

pBone | education

Week	1	2	3	4	5	6	7	8	9	10
Body/percussion	<ul style="list-style-type: none"> Establishing a concept of the beat or musical pulse. Brain gym style warm up exercises for coordination Ready posture 	<ul style="list-style-type: none"> Continue with wk 1 Add: Call and response Clapping posture 	<ul style="list-style-type: none"> Add more complexity and depth to work so far Teach exercise to prepare rhythmic basis for Kumala Vista 	<ul style="list-style-type: none"> Maintain developing work Introduce simple improvisation to call and response. Call and response keyed into Kumala Vista 	<ul style="list-style-type: none"> Quick warm-up/attention grabber Group and individual improvisations Kumala Vista patterns 	<ul style="list-style-type: none"> Quick warm-up/attention grabber Group and individual improvisations Kumala Vista patterns 	<ul style="list-style-type: none"> Quick warm-up/attention grabber Group and individual improvisations Kumala Vista patterns 	<ul style="list-style-type: none"> Quick warm-up/attention grabber Group and individual improvisations Kumala Vista patterns 	<ul style="list-style-type: none"> Quick warm-up/attention grabber Group and individual improvisations Kumala Vista patterns 	performances
Singing	<ul style="list-style-type: none"> Simple calls Ready posture Singing posture Breathing warm-up 	<ul style="list-style-type: none"> Deepen confidence in calls/add kinetic work Finding the voice exercises 	<ul style="list-style-type: none"> Continue calls Extend finding the voice with body percussion into simple compositions Begin High medium low work to match 1st, 2nd and third partials 	<ul style="list-style-type: none"> Extend existing work Begin learning Kumala Vista for instrumental work 	<ul style="list-style-type: none"> Kumala Vista for instrumental work transposing tones in finding voice exercises to key into slide position work 	<ul style="list-style-type: none"> Kumala Vista for instrumental work "Target Song simple" with mouthpieces on chins and slides in correct positions 	<ul style="list-style-type: none"> Kumala Vista for instrumental work "Target Song simple" with mouthpieces on chins and slides in correct positions add some vocal improv as in body percussion second piece 	<ul style="list-style-type: none"> Kumala Vista for instrumental work "Target Song simple" with mouthpieces on chins and slides in correct positions vocal improve second piece 	<ul style="list-style-type: none"> Kumala Vista for instrumental work vocal improve second piece 	performances
Instrumental	<ul style="list-style-type: none"> Inspirational demo How a brass instrument works Mouthpiece buzz/posture 	<ul style="list-style-type: none"> Getting to grips with pBone Buzzing exercises match in with finding the voice posture First note 	<ul style="list-style-type: none"> Recap: wk 1 & 2 Add high medium low, linked to voice work 	<ul style="list-style-type: none"> "practice week" deepen and correct: "breathe, sing, buzz play" Deepen and correct correct posture 	<ul style="list-style-type: none"> Checking technique Develop high medium low Begin keying understanding of high, medium, low into Kumala Vista 	<ul style="list-style-type: none"> Checking technique Develop high medium low Add Kumala Vista slide positions High, medium, low in Kumala Vista slide positions 	<ul style="list-style-type: none"> Instrumental warm up Rehearse "target song simple" Add second instrumental piece (we will rock you) 	<ul style="list-style-type: none"> Instrumental warm up Rehearse "target song simple" Rehearse second piece 	<ul style="list-style-type: none"> Instrumental warm up Rehearse "target song simple" Rehearse second piece 	performances

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Ku-ma-la Ku-ma-la Ku-ma-la Vis - ta Oh no - no no la Vis - ta

5



Ee - na Mee - na Des - sa Mee - na Ooh - ah - la Des - sa Mee - na

7



Scat - en Doo - den Dat - en Doo - den Rah Rah Rah