

Homeschool Musical Theatre

WARMUPS

- **Physical Warmup**
 - **Lead a parent/guardian/sibling in our physical warmup**
 - Stretching
 - Stretch up, then stretch down 3x
 - On the 3rd stretch down, bring your body up slowly while counting to 10, returning fully upright on 10
 - Shoulder rolls
 - Roll your shoulders forward 5x
 - After the 5th time, bring your arms above your head slowly and smoothly, like they're moving through water
 - Roll your shoulders backward 5x
 - After the 5th time, bring your arms above your head slowly and smoothly, like they're moving through water
 - **Why is it important to warm up our bodies before we sing?**
- **Breathing Exercise**
 - **Lead a parent/guardian/sibling through our breathing exercise**
 - Deep Breathing
 - **Inhale** for 4 beats, **hold your breath** for 2 beats, **exhale** for 8 beats
 - Repeat this 3x (for a total of 4x through the exercise)
 - When **deep breathing**, it's important to breathe from the **diaphragm**. Make sure you are not breathing from the ~~chest, shoulders, or upper chest~~, as breathing from these places can cause tension.
 - **Why is it important to practice deep breathing before singing?**
- **Diction Warmups**
 - **Lead a parent/guardian/sibling in a diction warmup**
 - Diction Warmups
 - Speak the following sentences 4x with crisp consonants. The idea isn't to say them as fast as you can, but to say them clearly and distinctly.
 - Red Leather Yellow Letter
 - The Big Black Bug Bit The Bigger Black Bear
 - Irish Sisters Wearing Wristwatches
 - Tom Met Tilley For Tea At Two On The Train To Trenton
 - **If you want, you can make up a tongue twister of your own!**
 - **Why is it important to have clear diction when we sing?**

- **Vocal Warmups**

- **Demonstrate for a parent/guardian/sibling one of our vocal warmups. If they feel comfortable, have them join in.**
 - Humming
 - https://drive.google.com/file/d/1iNL_4KLBMcWwSA9z-RsasTQtoAq0QiBC
 - Vowels
 - <https://drive.google.com/file/d/1qrV9ytFF559OYnT4tPkzsMxaifgLeICF>
 - Hee-Ha-Ho
 - https://drive.google.com/file/d/1rzharr8NauhEh_fcSPDUOcVN7MWmsDtI
- **Pick one of the vocal warmups and explain what it helps us warm up.**

SINGING

- **Music/Singing Terms and Exercises We've Talked About**

- **Pick one of our songs and sing through all or part of it while focusing on one of these terms. Have someone else listen to you and see if they could tell what your focus was.**
 - Phrasing
 - How we shape each series of notes as we sing. You can help understand phrasing by moving your arm in a rainbow shape as you sing a line.
 - **Songs:** "Oh What a Beautiful Mornin'" "You've Got To Be Carefully Taught"
 - Diction
 - How we pronounce our lyrics as we sing, making sure the audience can understand our words. Specific focus: ending consonants.
 - **Songs:** While diction is important in all our songs, "Grant Avenue" "A Cock-eyed Optimist" "Oklahoma!"
 - High Notes
 - When singing a high note, singers often "reach" up to it, which can cause tension in the throat and neck. Instead of "reaching up," we want to instead imagine that we're "landing down" on the high note from above. We can help feel this "landing down" by doing a **plié**. A **plié** is when you bend your legs and lower your body down, similar to a squat.
 - **Songs:** "Oh! What a Beautiful Mornin'" "You've Got to Be Carefully Taught" the end of "So Long, Farewell"
 - Held Notes
 - When holding out (or sustaining) a note, it's always important that the end of the note has as much energy, voice, and forward

motion as the beginning of the note. Taking a good breath and keeping focus throughout helps this.

- **Songs:** the endings of almost all of our songs (except for “Oklahoma”) have long held notes.

RODGERS AND HAMMERSTEIN

- **Movies**

- **‘Rodgers’ and Hammerstein’s Cinderella’ has been made into a television film three times. Watch one of the films (or more than one; that’s up to you) and tell us your favorite performance, favorite song, and favorite moment.**

- 1957 television film starring Julie Andrews and Edie Adams
 - <https://youtu.be/C1F4YhBOA14>
- 1965 television film starring Lesley Ann Warren and Celeste Holm
 - Now streaming on Amazon Prime
 - https://www.amazon.com/gp/video/detail/B01LYLQUNP/ref=share_ios_movie
- 1997 television film starring Brandy, Whitney Houston, and Bernadette Peters
 - <https://youtu.be/Fk9uuD86ufk>

- **Songs**

- **Pick one of the pairs of songs below and listen to them. What are the characters singing about? You can talk about how they’re feeling, what they want, whatever comes to you.**

- Oklahoma

- “Many a New Day”
 - Shirley Jones from the 1955 film
 - <https://youtu.be/G8F6VmbF9g4>
- “People Will Say We’re in Love”
 - Rebecca Naomi Jones and Damon Daunno from the 2019 Broadway revival
 - <https://youtu.be/s83RbgHn-9w>

- Carousel

- “You’re a Queer One, Julie Jordan/Mr. Snow”
 - Lindsay Mendez, featuring Jessie Mueller, from the 2018 Broadway revival
 - https://youtu.be/d3CtAFAQ_FM
- “You’ll Never Walk Alone”
 - Shirley Verrett from the 1994 Broadway revival
 - <https://youtu.be/-dvZciqcEtA>

- State Fair/South Pacific

- “It Might As Well Be Spring” (from ‘State Fair’)
 - Andrea McArdle (the original Annie!) from the 1996 Broadway cast

- <https://youtu.be/DljReebfIHQ>
- “I’m Gonna Wash That Man Right Outta My Hair” (from ‘South Pacific’)
 - Oklahoma’s own, Kelli O’Hara, from the 2008 Broadway revival
 - <https://youtu.be/3Wg4yx7jk5g>
- The King and I
 - “I Whistle a Happy Tune”
 - Gertrude Lawrence from the 1951 original Broadway production
 - <https://youtu.be/IDvvz2YT-1I>
 - “Shall We Dance?”
 - Donna Murphy, featuring Lou Diamond Phillips, from the 1996 Broadway revival
 - <https://youtu.be/68Ag8QTLFhU>
- Flower Drum Song
 - “Love, Look Away”
 - Lea Salonga from the 2002 Broadway revival
 - <https://youtu.be/6WK-0O-Y1Ws>
 - “I Enjoy Being a Girl”
 - Pat Suzuki from the 1953 original Broadway production
 - <https://youtu.be/RGW4faWUrbk>
- The Sound of Music
 - “No Way to Stop It”
 - Jan Maxwell, Fred Applegate, and Michael Siberry, from the 1998 Broadway revival
 - <https://youtu.be/NwoNxvASVXA>
 - “Climb Ev’ry Mountain”
 - Audra McDonald, from the 2013 NBC live television broadcast
 - <https://youtu.be/nByNzmzCNPU>