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Warm-Ups

Kinesthetic

1,2,3,4, Whoop!

Purpose: Movement, crossing the midline, steady pulse, popping into head voice

Instructions: Apply these movements to the lyrics:

- One: Clap
- Two: Right hand to left shoulder
- Three: Left hand to right shoulder
- Four: Right hand to left hip
- Five: Left hand to right hip
- Six: Right hand to right thigh
- Seven: Left hand to left thigh
- Eight: Right foot stomp
- Nine: Left foot stomp

1, 1 2 3, 1 2 3 4 5, 1 2 3 4

5 6 7, 1 2 3 4 5 6 7 8 9, 1 2

3 4 5 6 7 8 9 whoop!

Extension: Try as a round, take away the counting out loud.

Eyebrow Push-Ups

Purpose: Facial awareness and expression

Instructions: This is exactly as it sounds! Raise and lower those eyebrows together and count like you are doing push-ups in a boot camp.

Lean Forward, Lean Backward

Purpose: Diction, movement

Instructions: Perform motions from the lyrics as you sing.

Camp Song

1
Lean for - ward, lean back - ward, to the left, to the right. Arms up, arms down, to the

4
left, to the right. Lean for - ward, lean back - ward, to the left, to the right. Arms

7
up, arms down, to the left, to the right. With a stomp, and a pat, and a

10
CLAP SNAP SNAP CLAP PAT STOMP STOMP PAT
clap, and a click, now do it back - ward and see if it sticks. With a stomp, and a pat, and a

14
CLAP SNAP SNAP CLAP PAT STOMP
clap, and a click, now do it back - ward and see if it sticks.

Extension: Have students lean the opposite way of the words.

PRACTICE THIS EXERCISE
WITH ADVANCED FEATURES IN



Fast Food Frenzy

Concepts: Singing in a round, remaining in head voice in lower and higher tessitura

Instructions: Sing this canon in unison or up to three parts.

*Melody from a
Moroccan Folk Song*

①

A piz - za pie, a piz - za pie, crisp - y south-ern fried chick-en, and a

4

piz - za pie. A piz - za pie, a piz - za pie, crisp - y

7

②

south-ern fried chick-en, and a piz - za pie. A milk - shake, a

10

milk - shake, crisp - y south-ern fried chick-en, and a piz - za pie. A

13

milk - shake, a milk - shake, crisp - y south-ern fried chick-en, and a

16

③

piz - za pie. A ta - co, a ta - co with

19

sal - sa and some que - so. A ta - co, a

22

ta - co with sal - sa and some que - so.

PRACTICE THIS EXERCISE
WITH ADVANCED FEATURES IN

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One Pumpkin Pie, Two Pumpkin Pie

Concepts: Singing in a round, head voice

Instructions: Sing this canon in unison or up to three parts.

Traditional

①

One pump-kin pie, two pump-kin pie, three pump-kin pie, four pump-kin pie,

5

five pump-kin pie, six pump-kin pie, sev - en pump-kin pie, yum!

9

②

Don't let it touch your jel - lo, your jel - lo, your jel - lo.

13

Don't let it touch your jel - lo; your jel - lo will melt!

17

③

Tur - key, ta - ters, veg - 'ta - bles, veg - 'ta - bles, veg - 'ta - bles,

21

Tur - key, ta - ters, veg - 'ta - bles, veg - 'ta - bles, full.

Extension: Add or have your students create their own movements. Change the words for different holidays and events!

PRACTICE THIS EXERCISE
WITH ADVANCED FEATURES IN

