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Dr. Kim

Upper Strings class

12/5/20

Upper Strings Lesson Plan

Date: 12/14/20

Class: Beginner string students

Behavioral Objective:

 Students will understand the importance of long bow strokes and how to use them properly in music. They will be able to demonstrate long bow strokes as well.

Materials Needed:

 EE book, viola or violin, bow, rosin, music stand or somewhere to set music

Specific Previous Knowledge:

 An understanding of correct playing posture, bow hold, and instrument carriage. Be able to read their instruments music.

Procedure:

Step 1: Go over why long bow strokes are important and how they affect tone.

Step 2: Ask students to put their left index finger on the inside of their right elbow and swing their arm to feel full extension of arm

Step 3: Ask students to stand without their instruments, but with their bow in their right hand, rosin in their left. They should pretend their rosin is their instrument, but the main focus will be on their right arm. Ask students to bow on their rosin, focusing on full extension of the arm with movement only from the elbow. Shoulder should be stationary.

Step 4: Apply the same concept but now add the instrument. Practice doing long bow strokes on the A string. Switch between starting on a down bow and starting on an up bow.

Step 5: turn to page 209 in EE book and do exercise 157, focus on full extension of the arm on half notes or coming back in enough for up bow half notes.

Step 6: Ask for volunteers to play 157. (assessment part)

Assessment: Ask a student to play the exercise above and see if they do full extension. Ask students why long bow strokes are important.