

## ***LISTENING FUN WITH SCARVES, TENNIS BALLS, PAPER PLATES AND A PARACHUTE!***

Presented by Dan Fee, *Artie and Denise Shakin' It Up in Chicago*, July, 2016

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### **GUIDE-AT-A-GLANCE *Bridal March* from *Midsummer Night's Dream* by Mendelssohn**

**MATERIALS** Tennis balls – one per student.

**FORMATION** One circle or rows. Students are standing. Each student has a tennis ball in his/her LEFT hand.

- 0:00-0:07 “Present” tennis ball, transfer from hand to hand on triplets during introduction. Tennis ball ends in right hand.
- 0:08-0:20 Bounce/catch 8 times.
- 0:21-0:27 REPEAT first movement. (“present” and transfer)
- 0:21-0:41 REPEAT bounce/catch 8 times.
- 0:42-0:56 2 conducting downbeats. Beat 3 and 4 is big bounce/catch. REPEAT 3 more times.
- 0:57-1:10 Bounce/catch 2 times and “play cymbals” to match melodic rhythm. REPEAT
- 1:11-1:26 2 conducting downbeats. Beat 3 and 4 is big bounce/catch. REPEAT 3 more times.
- 1:27-1:43 Bounce/catch 2 times and “play cymbals” to match melodic rhythm. REPEAT
- 1:44 Freeze w/tennis ball in both hand at end.

### **GUIDE-AT-A-GLANCE *Great Gate of Kiev* by Mussorgsky**

**MATERIALS** Scarves – one per student

**FORMATION** Rows or one or more circles. Scarf in hands behind neck.

- 0:00-0:16 4 steps forward and back.
- 0:17-0:23 Raise/lower scarf from behind neck to in front of knees.
- 0:24-0:43 Wiggle and slowly raise scarf until above your head.
- 0:44-1:02 Toss/catch scarf on cymbal crashes. Turn in place 4 steps. REPEAT.
- 1:03-1:12 Toss scarf hand to hand 4 times outlining a rainbow.
- 1:13-1:22 Toss scarf hand to hand while taking 4 steps forward.
- 1:23-1:28 Scarf circles from waist to overhead.
- 1:29-1:35 Toss scarf on last note. Let it fall to the ground.

## **GUIDE-AT-A-GLANCE Prelude from *Holberg Suite* by Grieg**

**MATERIALS** Tennis balls – one per student.

**FORMATION** Two facing lines. Hands outstretched. Tennis ball in right hand. Person across from you is your partner.

- 0:00-0:10 Pass tennis ball to your left hand. (*whole note*) Pass tennis ball to partner's waiting hand. (*whole note*) REPEAT 3 times.
- 0:11-0:27 Sweep tennis ball down arm following *half note, half note, whole note* pattern. REPEAT. Make large sweep down arm (*whole note*) REPEAT 2 times. Circle partner while wiggling tennis ball overhead.
- 0:28-0:55 Repeat from the beginning.
- 0:56-0:58 One row shifts one partner to the left. "Leftover" person runs to other end of the row to find new partner.
- 0:59-1:14 Pass tennis ball hand to hand making rainbow pattern to two *whole notes*. KNEEL on *decrescendo*.
- 1:15-1:31 Sweep tennis ball down arm to *half note, half note, whole note* pattern as before. REPEAT 3 times. STAND on *crescendo*.
- 1:32-1:44 Repeat passing tennis ball movement to yourself and partner (beginning) but with stronger movements to match the music.
- 1:45-2:06 Make large sweep down arm with tennis ball indicating *whole note*. REPEAT 3 times. KNEEL on *decrescendo*. Sweep tennis ball down arm indicating *half note, half note, whole note*. REPEAT. Make a large sweep down arm indicating *whole note*. REPEAT 2 times. STAND.
- 2:07-2:14 Wiggle tennis ball overhead and circle partner. REPEAT
- 2:15-2:30 Take 8 steps backwards keeping arms outstretched. Big bow!

## **GUIDE-AT-GLANCE "Minute Waltz" by Frederic Chopin**

**MATERIALS** Parachute and one playground or beach ball.

**FORMATION** Stand around the parachute holding it tightly with both hands. The ball is in the middle of the parachute.

- 0:00 – 0:04 One hand on chute while the other plays piano.
- 0:05 – 0:20 Wiggles followed by toss/catch ball on ascending/descending melody. Repeat 3 times.
- 0:21 – 0:36 16 quick steps right, 16 quick steps left.
- 0:37 – 1:00 Repeat fake piano playing and wiggles/toss/catches. End by throwing the ball out of the chute and sitting down on top of it.

## **GUIDE-AT-GLANCE “Gavotte en rondeau” from *Ballet du Roi* by Jean-Baptiste Lully**

**MATERIALS** Parachute, chair, king’s crown and small gifts for half class.

**FORMATION** Facing right, hold chute overhead with inside hand while outside hand is on hip. One student is chosen to be king or queen and sits on the chair under the parachute. Every other student is either a “one” or a “two”, assigned before beginning the routine. All the “ones” have a gift.

- 0:00 - 0:30 7 steps right, turn, 7 steps left. REPEAT.
- 0:31 - 0:45 8 small steps to center and 8 small steps back. Keep the chute from touching the king’s head!
- 0:46 - 0:54 Repeat 7 steps right from above. (abbreviated)
- 0:55 – 1:09 Ones present gifts to the king. The twos stay in place and hold the chute overhead. Ones walk backwards to their places without turning their backs on the king.
- 1:10 - 1:38 All twos approach the next person (a one) and pretend to ask for a gift. When told “no”, they go to the next person, are told “no” again and go to one more person, who sends them back to their starting place. The ones stay in place with the parachute held high.
- 1:39 - 1:53 Repeat 7 steps right, turn, 7 steps left. (abbreviated)
- 1:54 - 2:07 Repeat 8 steps to center and 8 steps back.
- 2:08 - 2:16 Repeat 7 steps right.
- 2:17 - 2:34 Repeat 8 steps forward. Lower parachute behind your back, sit down. All end under the chute.

## **GUIDE-AT-GLANCE Music for the Royal Fireworks “La Rejouissance” by George F. Handel**

**MATERIALS** Two paper plates for each student.

**FORMATION** Stand in two lines facing each other. One plate in each hand.

- 0:00 - 0:16 Tap your plates overhead on the two accented sounds. REPEAT. Tap partner’s plates on each beat.
- 0:17 - 0:20 One line moves one person right, getting a new partner. End person goes to opposite end to find new partner.
- 0:21 - 0:40 Repeat beginning tapping with new partner. Include one line moving right to get new partner.
- 0:41 - 1:00 Play plates like cymbals. Movements match dynamics.
- 1:01 - 1:06 Turn around once in place while playing “cymbals.”
- 1:07 - 1:26 Repeat cymbal playing movement. No turning around in place.
- 1:27 – 1:34 4 steps backwards while playing “cymbals”. BOW!

## **GUIDE-AT-GLANCE “Overture” from *Swan Lake* by Tchaikovsky**

**MATERIALS** Two white paper plates for each student.

**FORMATION** Students sit in rows of chairs, on the floor or on choral risers. One paper plate in each hand

- 0:00 – 0:27 Wiggle plates during short introduction. Pull right plate slowly from left to right. Repeat with left plate.
- 0:28 – 0:55 Two small and three large/slower clockwise circles with right plate. Repeat with left plate making counterclockwise circles. Follow with one big/slow circle with both plates moving clockwise and counterclockwise.
- 0:56 – 1:21 Repeat pulling plates from the beginning but wiggle the plates.
- 1:22– 1:45 Repeat plate circles from above with both plates.
- 1:46 – 2:16 Dip both plates into/out of the water 4 times. Hit plates together once when timpani is heard. Continue alternating dipping and timpani hits.  
End with 6 timpani hits.
- 2:17 – 2:23 Left plate moves right to left to 8 strong pulses. Repeat with right plate. Both plates end on the left next to each other.
- 2:24 – 2:35 Pull and wiggle both plates left to right, then right to left.
- 2:36 – 2:54 Move left plate behind back. Move right plate behind back.  
Lower head as if defeated.