

# MOVIN' & GROOVIN'!

Artie & Denise Online Odyssey 2020

Session # 4, 7/21/20, 3:00-4:00 pm

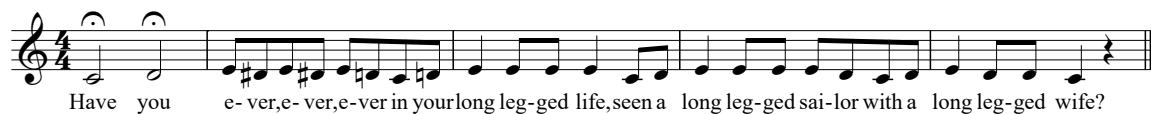
Clinician: Artie Almeida, Ed.D.

## 1. Leroy Anderson: The Syncopated Clock – Movement with Scarves

*Focus: Rondo Form, Staccato, Legato, Triangle, Coda.* Discuss staccato, legato. Identify and listen to triangle. Demonstrate scarf movements for A, B, C. Pass out scarves and begin listening activity. A = crisp shakes of the scarf up and down to beat, while marchin. When melody repeats, turn and step in other direction. B = two hands on scarf, swing back and forth slowly to legato notes, turning on last phrase. C = On each triangle roll, toss into air and catch. Coda = Stand in place and wiggle scarf back and forth, tossing up on last note, catch on head or other body part. Consider using Leroy Anderson's beautiful piece *Forgotten Dreams* as scarf-folding music at the end of the movement activity.

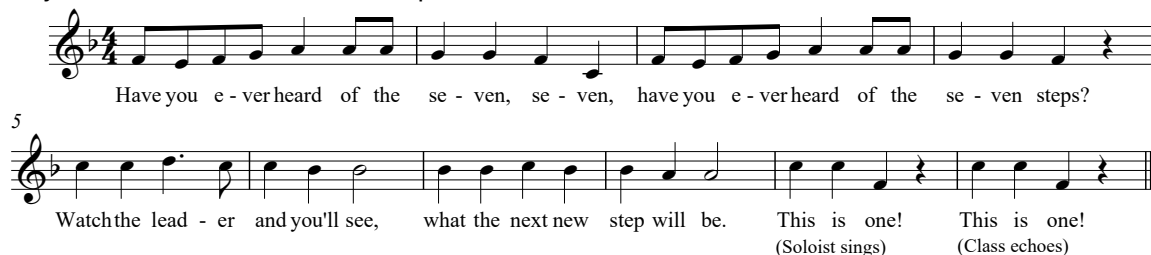
## 2. The Long-Legged Sailor

*Focus: Steady Beat, Singing, Body Percussion.* Sing entire song for children then ask them to join in on second singing. Have students hold both hands apart on "long." Then add "lap drumroll" on "Have you..." Next add patting the lap on "ever" and "wife." Then teach entire body percussion pattern. In a subsequent lesson, change the word "sailor" to a creature, food, or body part. (e.g., long-legged cockroach, long-legged sandwich, long-legged stomach, etc.). Change partners numerous times.



## 3. Seven Steps

*Focus: Steady beat, pitch match.* Teach song. Demo some sample moves for the solo sections. Make a circle. The teacher is the first soloist and then you choose the another soloist to join you in the circle on each subsequent verse. **A section:** Circle of students turns to right, steps to half note beat and sings. B section: All stand still and circle faces center. Soloist sings pattern and does a motion. All students echo the singing and the motion. On subsequent verses keep adding one more student at a time. The final lyric would be "This is one . . . (echo) etc. up to "This is seven" (echo) . . . then I sing "Please sit down!" I give a little Super Singer award strip to each of the soloists and ask students to practice some fun moves that they could do when we review this piece in the next lesson.



#### **4. Statues Game**

*Focus: Steady Beat, Rhythms, Tempo.* Process: Warm up by having students match your temple block beat, first by clapping, then marching. Change tempi a number of times to focus their listening. On the sound of a cymbal (or triangle) students will make a statue with their body. While they are frozen in position instruct them to make the next statue very different from the first. Play a different rhythm as they move. Call some opposites statues for them: Tall/short, wide/thin, etc. Continue the game by having students match the stick figure cards. Download, copy on cardstock, laminate and enjoy!

#### **5. Tchaikovsky: Trepak (Russian Dance) from the Nutcracker, Parachute Lesson**

*Focus: Form, Steady Beat, Interlude, Coda.*

##### **A Section:**

Wave ribbon up and down quickly, repeat  
Turn in place while waving ribbon (flourishes)  
Repeat both moves

##### **Repeat A Section:**

Same as above but jump on each up and down wave of ribbon

##### **B Section:**

Wave ribbon back and forth while pointing it downward for 8 beats (*wash the floor*)  
Wave ribbon back and forth while pointing it upward for 8 beats (*wash the windows*)  
Repeat

##### **Interlude:**

Wave ribbon up to one side, quickly, then to the other  
Repeat motions again quickly, matching music

##### **Third A Section:**

Do same as in the "Repeat of A Section" above

##### **Coda:**

Wash the floor for 8 beats, then wash windows for 8 beats  
Turn in place while waving ribbon (flourishes) for 6 beats  
Jump and finish with ribbons up and arms out above head!

#### **6. Who Let the Dogs Out (Baha Men): Plate Routine:** (Download doggie visuals and directions)

*Focus: Form, Steady Beat, Verse, Refrain.* Buy colorful 7" plates from party store, print out doggie visuals and tape onto center of plates, matched sets on 2 plates. Display direction page and discuss form. Demonstrate motions for each section. Then: "Adopt-a-Doggie Day!" Children choose two matching doggie plates and begin. There are two recordings of this song. The one that matches this form chart is the longer one and you'll most likely want to fade out before the end.

#### **7. Stand Up!**

This super-fun action song is a single down-loadable piece on the MusicK8 website. [www.musick8.com](http://www.musick8.com). Refer to the PPT in your downloads for all directions. Practice each motion first and then enjoy the entire piece with your classes. My students loved doing this in a concert and having their parents join them in a second time through. A good time was had by all!!

#### **8. La Raspa: Stretchy Band** *Focus: Rondo Form, Mariachi Music.* There are

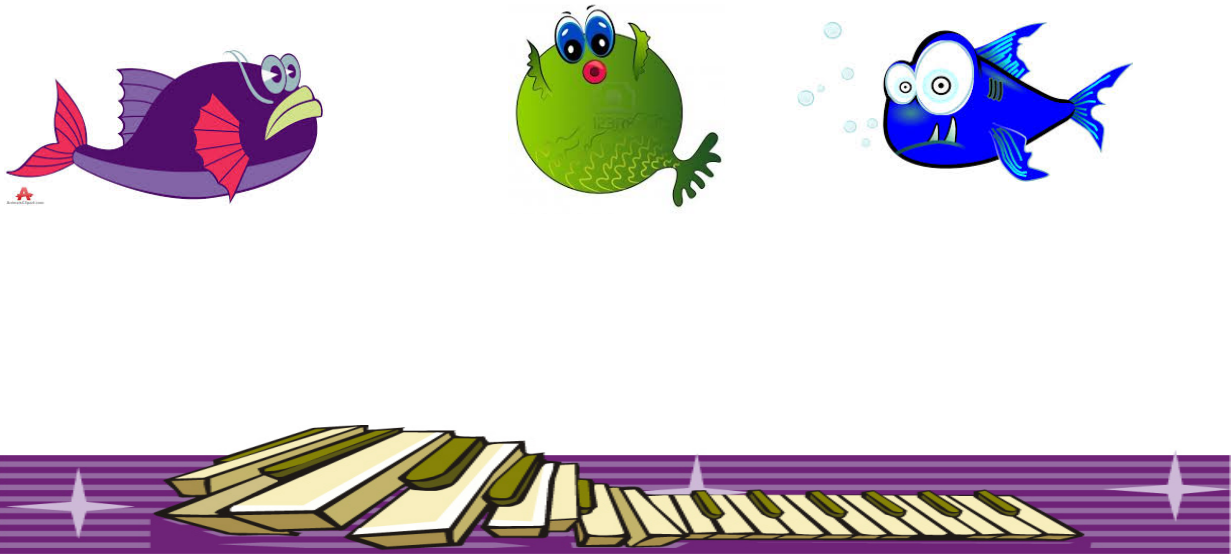
numerous recordings of *La Raspa* on iTunes, Apple Music, Spotify, etc.

My recording is by Mariachi Nuevo Tecalitlan. The form is Rondo: ABACADAEA.

Refer to the downloadable visual and video for movement details of each section of the rondo.

### **9. *Trepak* from *The Nutcracker* (Tchaikovsky) “Fish Sticks”**

*Focus: Rondo Form.* This delightful activity was shared with me by a dear friend and colleague, Suzette Swallow. She graciously allowed me to share it with you and your students. Decorate a large length of butcher paper for the “ocean” and use clip art fish, mounted on sticks, for the A Section “actors.” I feature two students wearing shark hats for the B Section, although for many years I used an inflatable shark toy mounted on a dowel. Students kneel behind the ocean and use the fish sticks to match the A Section melody of *Trepak*. The shark(s) prowls the waters on the B Section and fish & sharks both join forces for the exciting coda! In the classroom setting I have half of the students perform for their peers, then change jobs. In a holiday performance setting (the parents go *WILD* for this piece!) I selected a number of students to perform and we presented the piece under black light. Use black paper for the ocean and paint your sea tableau with florescent paint or chalk. Consider *large* fish (18” X 24”), painted in florescent colors to maximize the black light experience.



#### **About the Clinician**

Dr. Artie Almeida recently retired after 37 years of teaching in the public schools. She was the music specialist at Bear Lake Elementary school in the Orlando FL area, where she taught 1200 K-5 students. Her dynamic student performing groups have performed for AOSA, NAFME, Florida Music Educators Association, Georgia Music Educators Association, Walt Disney World, many general education conferences and on the NBC Today Show. Look for *The Bear Lake Sound* in the upcoming music education advocacy documentary “Marching Beyond Halftime.”

Artie was chosen as Florida Music Educator of the Year and was also selected as an International Educator 2006 by the Cambridge England Biographical Society. She was a Teacher of the Year at the school level 6 times, Seminole County Teacher of the Year, Runner-Up for Florida Teacher of the Year, and was recently chosen as a University of Central Florida Alumni of the Decade. Artie is included in the publications *Who's Who in American Education*, and *Great Minds of the 21<sup>st</sup> Century*.

Artie was an adjunct professor of music education at the University of Central Florida for 34 years, the saxophone instructor at Valencia State College, the Music & Movement instructor at Seminole State College and a saxophone performer and teacher. Additionally, she performs early music with Ars Antiqua and the Halifax Consort.

**See next page for a complete list of Artie's Teaching Resources**

# Artie's Teaching Resources

## Woods, Metals, Shakers, Skins

*Hoop Group Activities for Your Active Music Room*

## Percussion Parade

*The Wonderful World of Non-Pitched Percussion*

## Artie's Affirmations

*21 Educational and Inspirational Posters for Every Music Classroom*

## Adventures with the Orchestra

*A complete instructional unit to bring the orchestra to your students*

## KidStix

*Rockin' Repertoire for Rhythm Readiness*

## Music Madness!

*Totally Terrific Interactive Games*

## Get to the Point!

*A Collection of Pointing Pages and Powerful Plans*

## Parachutes and Ribbons and Scarves, Oh My!

*Listening Lessons with Movement Props*

## Mallet Madness Interactive CD-ROM and Mallet Madness Strikes Again!

### Interactive CD-ROM

*SMART and Promethean editions of whiteboard lessons with PowerPoint materials to support your favorite resources*

## Mallet Madness

*A collection of engaging units for using mallet instruments and drums in the music classroom*

## Mallet Madness Strikes Again!

*A collection of engaging units for mallet instruments and drums*

## Recorder Express

*Soprano Recorder Method with CD*

## Proficiency Packs

*Each pack includes 30 student cards on brightly colored, sturdy card stock and a teacher's guide*

- #1—Rhythm Rockets
- #2—Sneaky Snake (vocabulary)
- #3—Beat Strips and Rhythm Markers
- #4—Doggone Dynamics
- #5—Melody Mice
- #6—Percussion Discussion (with CD)
- #7—Mood Meters (with CD)
- #8—Ensembles for Everyone (with CD)
- #9—Style Dials (with CD)
- #10—Super Singers (with CD)

## Artie's Jazz Pack

*CD included • Games and Activities for Teaching About Jazz in the Classroom*



**Artie Almeida**



**AD765**

Visit [www.artiealmeida.com](http://www.artiealmeida.com) to learn more about and purchase these and other exceptional teaching resources from Artie.