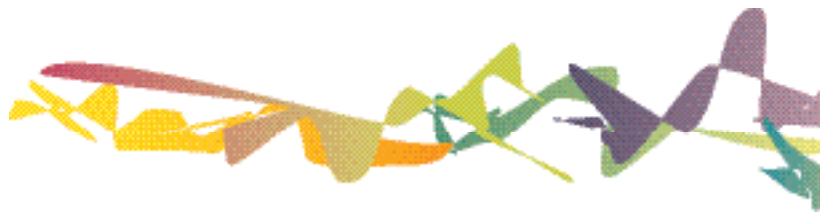


Refuge warm ups



★10 Hey ho! *Feeling different pulse levels*

Clap/step/travel a steady crotchet/quarter note pulse. At vocal signal 'Hey', change to clapping/moving twice as fast (quaver/eighth note); at vocal signal 'back', return to the crotchet/quarter note pulse; at signal 'Ho', change to clapping/moving twice as slow (minim/half note). Try this accompanied and then, once confident, unaccompanied.

★24 Human xylophone game *To assist with developing and tuning the ear to the scale*

Set up a human xylophone with your group! Line people up in groups of five to eight, and give each person a pitch in the raag, scale or mode of the song you are working on. 'Play' the xylophone by conducting and indicating a person to sing. Do this in sequence first and then create your own patterns and exercises. Two conductors can create fun two-part sequences.

★24W Shaping Up! *To help develop expressive phrasing*

This exercise is based on the opening lines of 'Refuge'. It is important that each two-bar phrase is taken on one breath. Allow time for this at the end of each line. Experiment with dynamics, for example sing a crescendo to the middle of the phrase and a diminuendo to the end.

★27 Pitch matching *To improve intonation*

2 **61** Listen carefully to the upper part before placing the 'ya' in the second voice..

Part 1: $\text{E A D A E A D A D A D A D G}$
Mo H hum mo H hum mo H hum mo H hum Mo H hum

Part 2: ya ya ya ya ya ya

Piano: $\text{E G D G A D G A D G A D G A D G}$
mo H hum mo H hum mo H hum Mo H hum mo H hum mo H hum mo H hum

ya ya ya ya ya ya ya

★29 Leaps and grounds *To bring the voice forward; To become fluent with the intervals of the major scale*

2 **63** Sing with energy and precision up and down the exercise, taking care with the tuning and placement of the voice each time the intervals increase and decrease. Try the exercise with different tempi and articulation (staccato and legato), and also with syllables 'ya' and 'va'.

Tempo: $\text{♩} = 182$
Cant.

Part 1: Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va

Part 2: Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va

Part 3: Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va Ma va va va