

Stage 4 VOCALISING MODULE# Prep 1 - Posture, Breathing and Consonants: Anna Fraser

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Performing movements as warm up exercises for good posture and breathing
- Exploring breathing and vocal exercises to support vocal sounds, breathing and musical gestures
- Exploring voiced and unvoiced consonant sounds
- Using our abdominal muscles to support the breath
- Extending our vocal range though voiced consonants as sirens.

Composing

- Exploring vocal patterns when singing voice and unvoiced consonants.

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor

Valuing

- Appreciating the difference between voiced and unvoiced consonant sounds
- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the sounds involved with supported and beautiful singing
- Appreciating the value of doing exercises for vocal health

Resources for extension

- Anna Fraser website - <https://www.annafraser.net.au>
- Anna Fraser - *Watermelons* - a Song by Benjamin Loomes
<https://youtu.be/XLlalsDdzA>
- Cheryl Porter INTENSE Boxing Glove Vocal Training
<https://youtu.be/vdKjLRNuOw?list=PLV37pTdJSuUJ0PpCBa4oXJqPXwhfNSb48>
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# Prep 2 - Sustaining Vowels and Singing Scales Degrees:
Anna Fraser

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Exploring vowel sounds and how to make them
- Exploring making sustained vowel sounds and the placement of the tongue in your mouth using different vowel sounds moving up the scale
- Singing the notes of a major scale with pitches 1-8 in a stepwise motion ascending and descending.
- Singing a melodic pattern using the 1,2,3,4 and 6 notes of the scale
- You could try singing this melody as a round

Composing

- Exploring vocal patterns when singing vowels

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the difference between different vowels and pitches
- Listening to the difference in the notes of a scale

Valuing

- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the importance of the mouth and having a relaxed face, good breathing support in singing lovely vowel sounds
- Appreciating the sounds involved with supported and beautiful singing
- Appreciating the value of doing exercises for vocal health
- Appreciating the importance of the 3rd note in a scale for making a major or minor scale.

Resources for extension

- Anna Fraser - *Some World Far from Ours* – Sally Whitwell - <https://youtu.be/hru8NCa3q5Q>
- Queen Butterfly' - The Song Company composed by Gareth Farr (a cappella) <https://youtu.be/IOy6ggtRZpl> featuring Anna amongst others
- HAVANA Vocal Workout - Cheryl Porter vocal coach https://youtu.be/VikIGmtN_1Q?list=PLV37pTdJSuUJ0PpCBa4oXJqPXwhfNSb48
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# Prep 3 - Melodic scale degrees and articulation: Anna Fraser

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Exploring warm up exercises for good posture and breathing
- Exploring using a range of vowel sounds using short and long/connected sounds– mio, mio mi, mi, mi
- Discovering how these sounds can be termed legato and staccato sounds.
- Singing a full scale using voiced consonants to connect with the vowels and the words ‘*Bubblegum in my tum*’.

Composing

- Exploring vocal patterns when singing vowels

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the difference between legato and staccato singing
- Listening to the difference in the notes of a scale

Valuing

- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the difference in legato and staccato singing
- Appreciating how to sing smoothly up and down the scale
- Appreciating the importance of the support of the breath as you sing notes going up and down the scale

Resources for extension

- Anna Fraser - *Dalle piu alte sfere* ('From the highest Spheres'), by Cavaliere, live Sep '09 <https://youtu.be/67ROIAILBX0> demonstrates Anna's amazing use of ornamentation
- Westron Wynde - Anon c.1350 – Song Company <https://youtu.be/pqBzLfev2XM> featuring Anna amongst others.
- Cheryl Porter Vocal Workout - Zara Larsson "Symphony" <https://youtu.be/ttsG90yZpGA?list=PLV37pTdJSuUJ0PpCBa4oXJqPXwhfNSb48>
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# Prep 4 - Learning Practicing a song: Anna Fraser

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Exploring warm up exercises for good posture and breathing
- Practising and performing a folk song – ‘*My bonny Lies over the Ocean*’ phrase by phrase
- Exploring how to prepare a melody, supporting it with your breath and deliver the words clearly
- Producing well supported breath flow and the space in our mouths to create lovely vowels and consonants
- Practising the phrases of the song using tongue or lip rolls using abdominal muscles to support the air flow.
- Practising the phrases of the song using the words *du* and *ng* to help with your intonation
- Performing the words of the song with a legato connected sound.
- Using the consonants to make the words sit on the notes of the melody.

Composing

- Exploring vocal patterns singing vowels and consonants and tongue rolls

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the different phrases of the song sung with words, tongue rolls and the word *du* or *ng*
- Listening the words of the song ‘*My bonny Lies over the Ocean*’

Valuing

- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the difference in singing a song using different vocal sounds
- Appreciating the importance of the support of the breath as you sing each phrase

Resources for extension

- Sydney Living Museum – Anna Fraser – Sweet Home <https://youtu.be/t6B7Lj1ts-c>
- *My bonny Lies over the Ocean* - https://youtu.be/YHxycdSF_uU
- DESPACITO Vocal Workout - Cheryl Porter vocal coach https://youtu.be/tnPnoEhH_Bc?list=PLV37pTdJSuUJOPpCBa4oXJqPXwhfNSb48
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# 101: Anna Fraser *My bonny Lies over the Ocean*

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Performing movements as warm up exercises for good posture and breathing
- Exploring breathing and vocal exercises to support vocal sounds, breathing and musical gestures
- Exploring voiced and unvoiced consonant sounds
- Exploring sirens and carnival whistles
- Using our abdominal muscles to support the breath
- Exploring melodic and harmonic warm ups using the phrase *'hello how are you today?'*
- Exploring harmonics using the word *'Moree'*
- Practice and perform the folk song *'My bonny Lies over the Ocean'*
- Perform the melody of *'My bonny Lies over the Ocean'* using tongue rolls, the word *Ng* using the voiced consonants connected with the vowel sounds, and singing on scale degrees
- Add gestures to the song

Composing

- Exploring vocal patterns using vowel sounds

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the difference between legato and staccato sounds
- Listening to the difference in the notes of a scale ascending and descending
- Listening to the different ways of singing the melody of *'My bonny Lies over the Ocean'*

Valuing

- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the importance of the mouth and having a relaxed face, good breathing support in singing lovely vowel sounds
- Appreciating how many areas of signing need to be practised in order to attain them successfully

Resources for extension

- Sydney Living Museum – Anna Fraser – Sweet Home <https://youtu.be/t6B7Lj1ts-c>
- *My bonny Lies over the Ocean* - https://youtu.be/YHxycdSF_uU
- Cheryl Porter 10 Minute Daily VOCAL WORKOUT! Vocal Exercise <https://youtu.be/1XHZeZdnLOA?list=PLV37pTdJSuUJ0PpCBa4oXJqPXwhfNSb48>
- Harmonics <https://en.wikipedia.org/wiki/Harmonic>
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# 102: Anna Fraser - *Pallah Pallah*

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Performing movements as warm up exercises for good posture and breathing
- Exploring breathing and vocal exercises to support lovely vocal sounds and our vowels and consonants are being produced correctly
- Practice and perform *Pallah Pallah* (Precious Colours) – Moorambilla Voices from the *Lepidoptera* recording by Alice Chance learning each melody in turn
- Exploring the two different parts of the melody – the call and response and contrary motion sections
- Practising the phrases of the song using tongue or lip rolls using abdominal muscles to support the air flow.
- Practising the phrases of the song using the words *du* and *ng* to help with your intonation
- Singing smoothly with a lovely legato sound
- Clearly pronouncing consonants and vowels to make the words stand out
- Accent particular words in the phrase to colour the words through word painting
- Revising the different ways we have learnt the melodies of the song

Composing

- Exploring vocal patterns

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the difference between the first and second parts of the melody.
- Listen to the way the 1st section works as a call and response
- Listening to the way the 2nd part of the melody moves in contrary motion

Valuing

- Appreciating the difference between the two sections of the song
- Appreciating the difference in singing a song using different vocal sounds
- Appreciating the importance of the support of the breath as you sing each phrase
- Appreciating the importance of word painting and colouring the sound.

Resources for extension

- *Pallah Pallah* – Moorambilla Voices from the *Lepidoptera* recording by Alice Chance <https://youtu.be/AgftblUufWY>
- Alice Chance website <http://alicechance.com>
- Anna Fraser and Hannah Fraser performing *Fiat Lux* by Alice Chance - <https://youtu.be/RnCYC9MaeT8>
- Australian Music Centre – fabulous resource for Australian vocal music <https://www.australianmusiccentre.com.au>
- Please note the excellent resource materials supplied by Anna as an attachment to the module

Stage 4 VOCALISING MODULE# 103: Anna Fraser - Yanaya

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Revising the importance of warm up exercises for good posture and breathing, supporting
- Exploring using a range of vowel sounds using short and long/connected sounds– *mio, mio mi, mi, mi*
- Changing the vowel to *me* and *mio* and moving up and down the scale
- Singing a full scale using the words – *bubble gum in my tum* – using voiced consonants to connect with the vowels and abdominal support
- Exploring legato and staccato sounds
- Using the breath (and your eyebrows!) to support notes as they are sung higher.
- Practise the phrases of the melody *Yanaya (Narran)* by Andrew Howes phrase by phrase as led by Anna
- Note the ways the consonants are clearly articulated and are connected to the vowels
- Practising the phrases of the song using tongue or lip rolls using abdominal muscles to support the air flow.
- Practising the phrases of the song using the words *ng* to help with your intonation and to keep the forward-facing sound happening
- Sing the melody and shaping the phrase to colour and support the gesture and make meaning of the words
- Practise *Yanaya* section at different pitches
- Contrast the words sung in Language with those sung in English
- Practise the final section and consider what part of the voice is needed to sing and how to support this with the breath
- Put the three sections together and listen to the whole song.

Composing

- Exploring vocal patterns using vowel sounds

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to Anna demonstrates the words of the song *Yanaya (Narran)* by Andrew Howes
- Listening to the difference between legato and staccato singing
- Listening to the difference in the notes of a scale

Valuing

- Appreciating the exercises needed to promote good posture and breathing while singing
- Appreciating the difference in legato and staccato singing
- Appreciating how to sing smoothly up and down the scale
- Appreciating the importance of the support of the breath as you sing notes going up and down the scale
- Appreciating that *Yanaya* is in ngiyampaa/ngiyampaa wailwan language and the words were given permission for Moorambilla to use by Melissa Kirby

Resources for extension

- Recording of *Yanaya* by the Song Company (including Anna)
<https://www.dropbox.com/s/hr9dqve383qd1o0/TheSongCompanyLIVE-TheConcordofStrangers-AndrewHowes-Yanaya.mp3?dl=0>
- Andrew Howes <https://www.australianmusiccentre.com.au/artist/howes-andrew>
- Australian Music Centre <https://www.australianmusiccentre.com.au>
- Anna Fraser - *Behind Doors*: Anna Fraser & Jack Symonds - a concert of a variety of composers and styles – featuring vocals, E-bows and percussion – demonstrating extended vocal technique <https://youtu.be/x2BRhgQNKQk>
- Andrew Howes – *Going Home* – Moorambilla Yindyamarra CD
<https://www.andrewhowescomposer.com/listen>
- Andrew Howes – *Don't be Afraid* - Moorambilla Lepidoptera CD
<https://www.andrewhowescomposer.com/listen>
- Cheryl Porter - Don't Touch My Face! Six Feet Away!
<https://youtu.be/vZVv ecG5OM>
- Please note the excellent resource materials supplied by Anna as an attachment to the module
- The score and parts for *Yanaya* by Andrew Howes are attached to the module

Stage 4 VOCALISING MODULE# 104: *Salt Spirits* Anna Fraser

Outcomes: 4.1, 4.3, 4.4, 4.7, 4.8, 4.11, 4.12

Performing

- Discuss the background of the song *Salt Spirits* by Kevin Barker
- Singing the notes of the harmonic minor scale used in the song.
- Practice and perform *Salt Spirits* learning each phrase in turn exploring the notes of scale degrees
- Clearly pronouncing consonants and vowels to make the words stand out
- Accent particular words in the phrase to colour the words through word painting
- Exploring the different parts of the song
- Practising and performing the round at the end of the song which is in 6/8 time
- Perform the first and last sections of the song *Salt Spirits* along with Anna

Composing

- Exploring vocal patterns

Listening

- Listening to vocalisation demonstrations
- Listening to the expert instructor
- Listening to the background of the song '*Salt Spirits* by Kevin Barker
- Listening to the words of the song '*Salt Spirits* by Kevin Barker
- Listening to the words in language used in '*Salt Spirits* by Kevin Barker
- Listening to each phrase and how they make the words stand out
- Listening to the first and last sections of the song *Salt Spirits* sung by Anna

Valuing

- Appreciating the difference between each section of the song
- Appreciating the importance of the support of the breath as you sing each phrase
- Appreciating the importance of word painting and colouring the sound.
- Appreciating how the scale degrees and 6/8 time used in this song
- Appreciating how the landscape and story is told in this song

Resources for extension

- *Salt Spirits* – Kevin Barker Moorambilla Yarragaa CD - Spotify
- Lake Ballard sculptures <http://lakeballard.com>
- Kevin Barker – reflections on Lake Ballard
<https://music.youtube.com/watch?v=aY2tny3k29M&feature=share>
- Kevin Barker – composer - <https://vimeo.com/438041925/ddbd78e5d1>
features '*We are the Song*' sung by MAXed OUT, Moorambilla Voices
- Mary Finsterer Opera BIOGRAPHICA – features Anna Fraser (soprano) and Kirsty McCahon playing double bass <https://youtu.be/1D4DDq4Ssf8>
- Australian Music Centre <https://www.australianmusiccentre.com.au>
- Cheryl Porter Vocal Workout - Voice agility, linking registers and vowels
<https://youtu.be/-wQRr8NFIDl>
- Please note the excellent resource materials supplied by Anna as an attachment to the module
- The score and parts for *Salt Spirits* by Kevin Barker are attached to the module

Stage 4 – Years 7-8 Music Outcomes	MUSIC
Performing	<p>4.1 Performs in a range of musical styles demonstrating an understanding of musical concepts</p> <p>4.2 Performs music using different forms of notation and different types of technology across a broad range of musical styles</p> <p>4.3 Performs music demonstrating solo and/or ensemble awareness</p>
Composing	<p>4.4 Demonstrates an understanding of musical concepts through exploring, experimenting, improvising, organising, arranging and composing</p> <p>4.5 Notates compositions using traditional and/or non-traditional notation</p> <p>4.6 Experiments with different forms of technology in the composition process</p>
Listening	<p>4.7 Demonstrates an understanding of musical concepts through listening, observing, responding, discriminating, analysing, discussing and recording musical ideas</p> <p>4.8 Demonstrates an understanding of musical concepts through aural identification and discussion of the features of a range of repertoire</p> <p>4.9 Demonstrates musical literacy through the use of notation, terminology, and the reading and interpreting of scores used in the music selected for study</p> <p>4.10 Identifies the use of technology in the music selected for study, appropriate to the musical context</p>
Valuing	<p>4.11 Demonstrates an appreciation, tolerance and respect for the aesthetic value of music as an artform</p> <p>4.12 Demonstrates a developing confidence and willingness to engage in performing, composing and listening experiences</p>