

Body Warm-ups  
For the Kodály  
inspired Classroom

A cartoon illustration of a man with a beard, glasses, and a bun, wearing a black jacket and blue pants. He is pointing with his right hand and has a smiling expression. There are motion lines around his hands, suggesting movement or energy.

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# Ecce Gratum

"Behold, the pleasant"

*A medieval Latin Goliardic poem written early in the 13th century, part of the collection known as the Carmina Burana.*

Melodic Concept Focus: high do



**KODÁLY**  
in the  
Third Grade  
Classroom

DEVELOPING THE CREATIVE BRAIN  
IN THE 21ST CENTURY



Michell Houlihan & Philip Tacka

LEVEL  
FOCUS  
LEVELS

# Warm-Up Transitioning into Singing Known Songs

## Lil' Liza Jane

Come my love and go with me, Lil' Li-za Jane. Come my love and go with me,  
 m m r d m s s l s m s m m r d m s s

Lil' Li-za Jane. Oh E-Li-za Lil' Li-za Jane. Oh E-Li-za Lil' Li-za Jane.  
 m m r d d' s l s l s m s d' s l s m m r d

### Ostinato

d' s l s

### Jolly Miller

There was a jol-ly mil-ler and he lived by him-self, when the wheel went 'round he made his wealth.

With one hand in his pocket and the oth-er in his bag, As the wheel went 'round he made his wealth.

This will be a crash course in physical warm-ups  
that use quality music to demonstrate:



Form  
Phrasing  
Beat  
Rhythmic & Melodic Concepts  
Reading, Writing & Improvisation  
Activities

# Online Handout



My Drive > ... > TMEA Presentation > TMEA Handout 2020 ▾ 

Name ↑

 Audio Tracks

 Folk Songs

 YoutubePlaylist

 Handoutx4.pdf 

# Carnavalito

1st Grade

*Bolivian Folk Dance*

Rhythmic Concept Focus: Quarter Note/Eighth Note



Kindergarten

4th Grade

Rhythmic Concept Focus: Syncopation

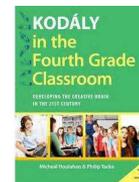
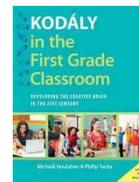
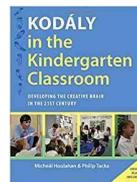
Identifying Simple Form Patterns

(Follow the leader)



A → B

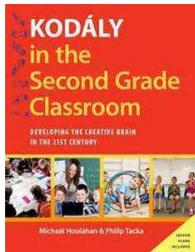
(Making a line)



# Symphony No. 1 - I. Molto Allegro

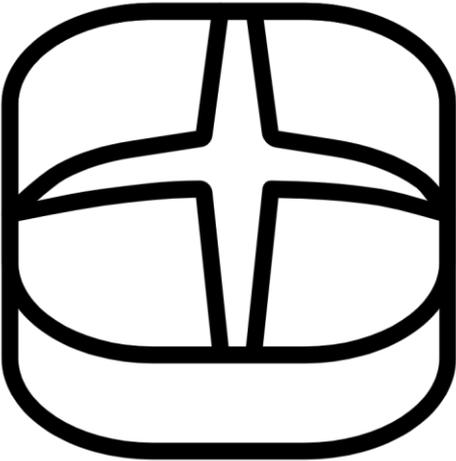
Mozart

Melodic Concept Focus:



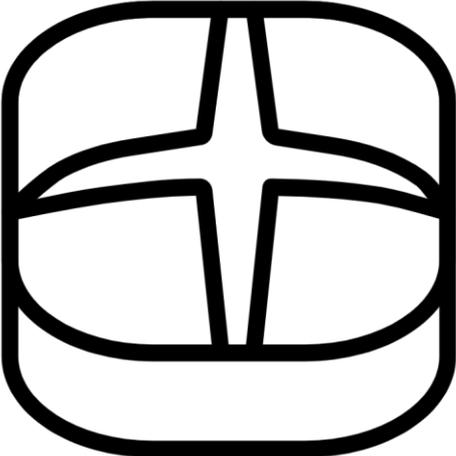
# Reading Transformation Activity → Movement/Listening

Hot Cross Buns



# Reading Transformation Activity → Movement/Listening

Hot Cross Buns



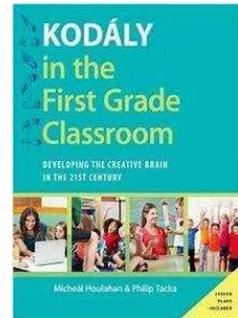
Retrograde



# God of War IV



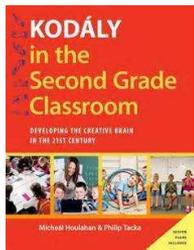
Listen for the Low Voices and Identify which rhythmic pattern they are singing.





# Imperial March

*John Williams*

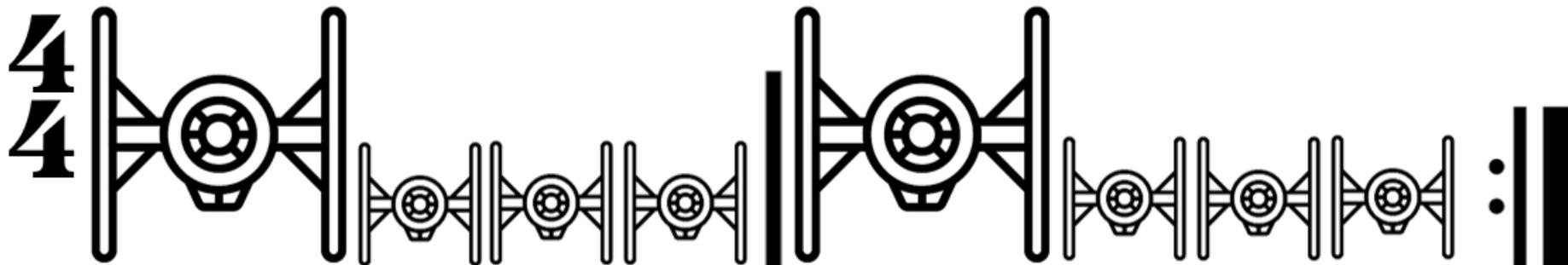


4  
4



## Rhythmic Concept Focus

Improvising Movement that demonstrates the Strong/Weak Pattern



# Trepak

*Russian Dance from the Nutcracker Suite*  
*Focus Concept: One Eighth Note / Two Sixteenths*



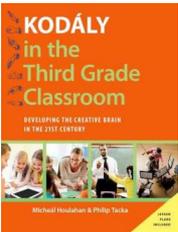
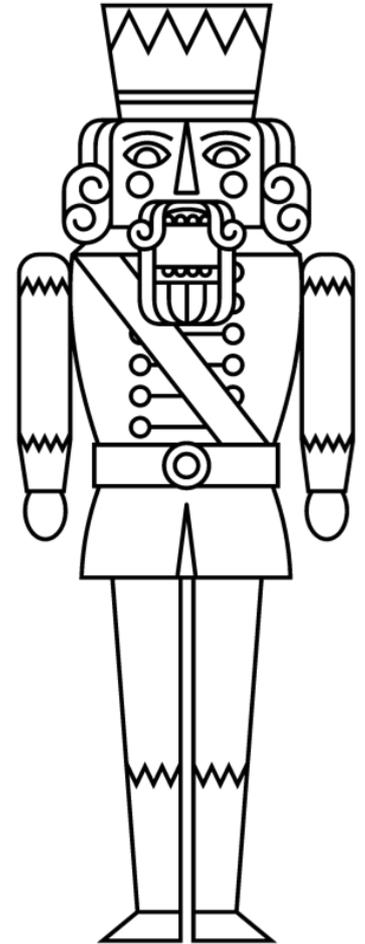
$\frac{2}{4}$

♪ ♪♪ ♪ | ♪ ♪ |

♪ ♪♪ ♪ | ♪ ♪ |

♪ ♪ ♪ | ♪ ♪ |

♪ ♪ ♪ | ♪ ♪ |



# Chilili



Bolivian Folk Dance  
Kindergarten Warm-up  
& Improvising movement to Form

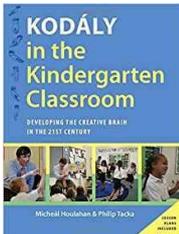
Movement A

Movement B

Movement C

Form

A A B B C



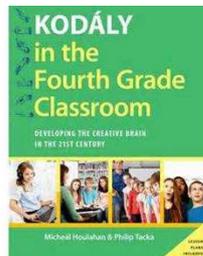
# Lesson Integration Example

- Develop Knowledge of Music Literacy Concepts
  - Internalize concept through kinesthetic activities
- Creative Movement/Game
- Practice & Performance of Music Literacy Concepts
  - Reading & Listening Activity
  - Improvisation Activity

This Sequence coordinates with Grade 4 Unit 3, la pentatonic scale , Lesson 1; Lesson Section: Practice and Performance of Music Literacy Concepts.

## Grade 4 Unit 3 Lesson 1: Singing and Movement: Kinesthetic

Sing and point to the 3<sup>rd</sup> phrase of *Land of the Silver Birch*



This example is a prototype visual from an upcoming worksheet book series that coordinates with the “Kodály in Elementary Classroom” Series

Expected Release Date:  
February 2021





# Wish to the night sky

1, 1, 1, m m m r d r m l, 1, 1, m m m  
Here as I lie down be - low the night sky, dream - ing of soar - ing a

7

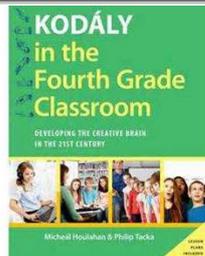
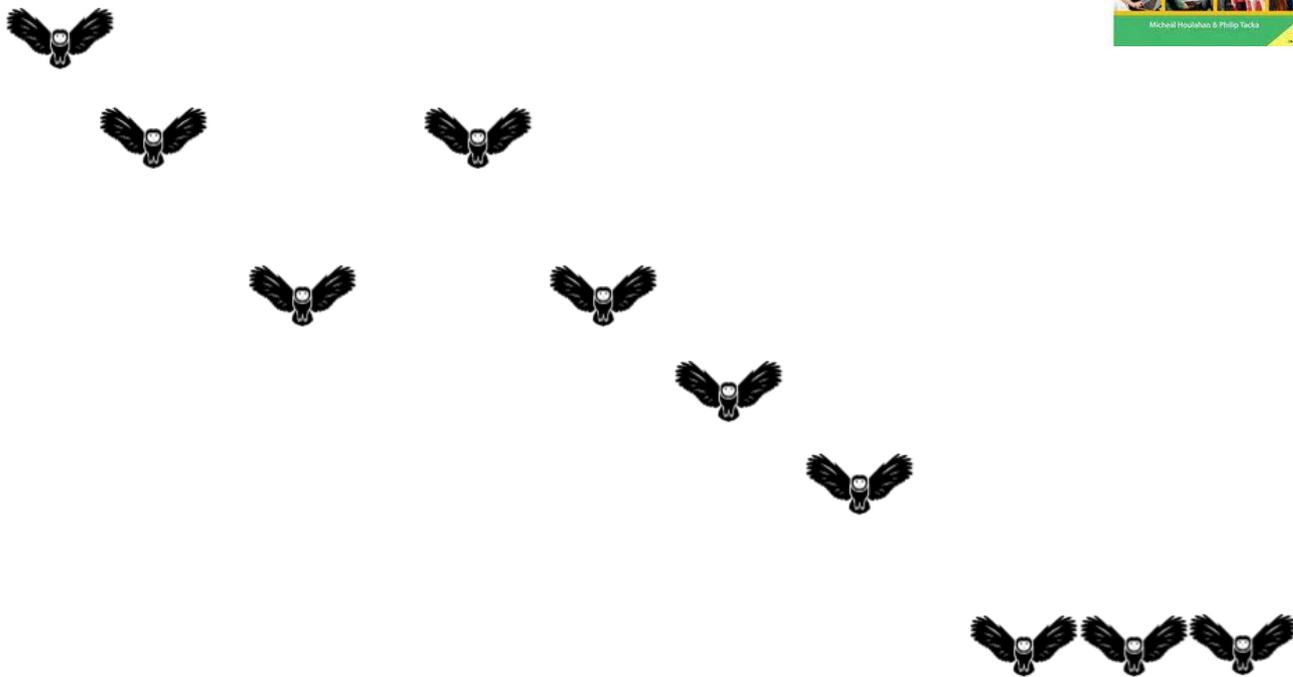
r d l, l, m l s m s m r d r m m m  
wish soft - ly sighed. Oh stars of the twi - light please list - en to me, and

13

l s m s m r d l, l, l,  
grant me com - pass - ion and set my soul free.

## Grade 4 Unit 3 Lesson 1: Singing and Movement: Kinesthetic

Sing and point to the 4th phrase of *Wish to the Night Sky*



This example is a prototype visual from an upcoming worksheet book series that coordinates with the “*Kodály in Elementary Classroom*” Series

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# Incorporating Reading, Improvisation, & Instruments

*Alabama Gal*



2/4

The musical notation consists of four staves of music in 2/4 time. The first three staves each contain four quarter notes: the first staff has notes on G4, A4, B4, and C5; the second staff has notes on C5, B4, A4, and G4; the third staff has notes on G4, A4, B4, and C5. The fourth staff contains two eighth notes (G4, A4), a quarter note (B4), a quarter note (C5), a quarter rest, and a double bar line.

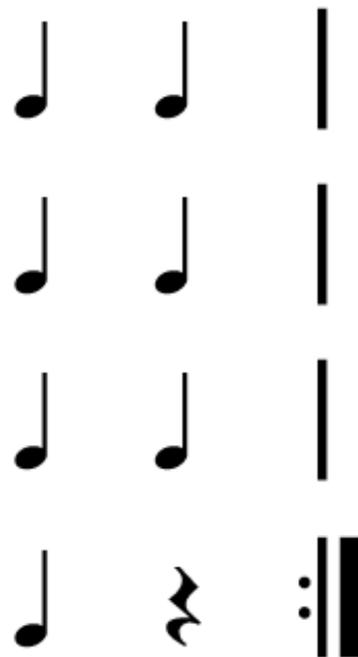
# Incorporating Reading & Instruments

*Come Thru Na Hurry*

*Ostinato Part I*



*Ostinato Part II*



# Troika

*Russian Folk Dance*

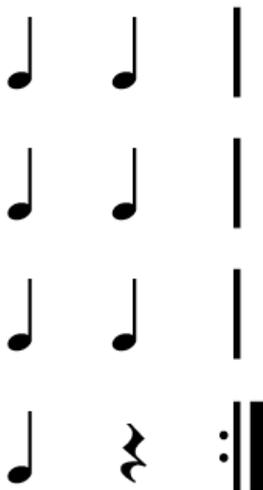
Listening, Reading & Performance Activity



*Tambourines*



*Drums*



# Improvisation Activity



BBCA CABD

ABCD ABBC

DCBA AABC

????



# Troika

## Reading Activity

- 5th Grade



# Death of Ase

*Peer Gynt*



*Focus Concept: Half Note*



## Rhythmic Concept Focus: half note

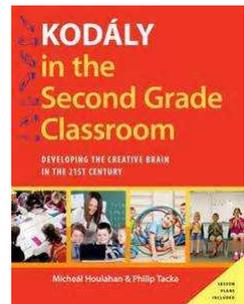
4/4

Line 1: Quarter, Quarter, Quarter | Half Note

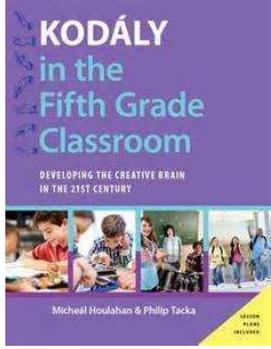
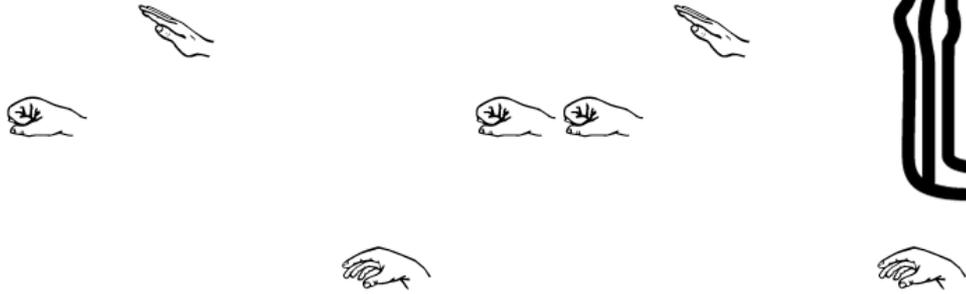
Line 2: Quarter, Quarter, Quarter | Half Note

Line 3: Quarter, Quarter, Quarter | Half Note

Line 4: Quarter, Quarter, Quarter | Half Note



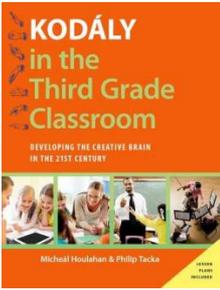
# Seagulls “Stop it Now”



# Mayim

Traditional Jewish Folk Dance

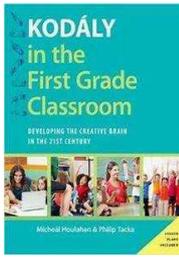
Rhythmic Concept Focus: two sixteenth notes followed by an eighth note





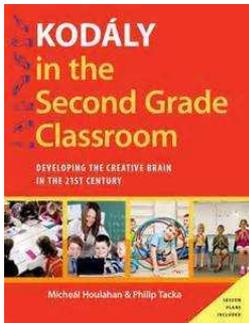
# Toy Symphony

Melodic Concept Focus: *So-Mi*



# Rondo Alla Turca

Rhythmic Concept Focus:



# Paw Paw Patch



*Reading transformation Activity 1*

**2**  
**4**

The image displays four staves of musical notation in 2/4 time. The first three staves show a rhythmic transformation: the first two measures of each staff contain a melody of eighth notes, and the last two measures contain a new rhythm of eighth notes and quarter notes. The fourth staff shows the original melody of eighth notes in the first two measures, followed by a new rhythm of quarter notes in the last two measures, ending with a double bar line.

*Let's read the new rhythm with the old melody.*

*Reading transformation Activity II*

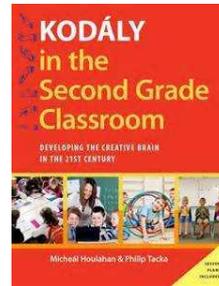
The image displays four staves of musical notation in 2/4 time. The first staff shows a melody of eighth notes: two eighth notes, two eighth notes, two eighth notes, and two eighth notes, grouped in pairs. The second staff shows the same melody with a new rhythm: two quarter notes, followed by a quarter rest and another quarter note. The third staff shows the original melody again. The fourth staff shows the original melody with a new rhythm: two quarter notes, followed by a quarter rest and another quarter note, ending with a double bar line.

*Let's read the new rhythm with the old melody.*



# STUDENTS!

This reminds me of a song!



## Run, Boy Run By Woodkid

Rhythmic Concept Focus: Sixteenth Notes



la, so,  
la,

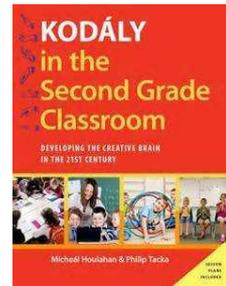
*Rhythmic Ostinato*



# Run, Boy Run

By Woodkid

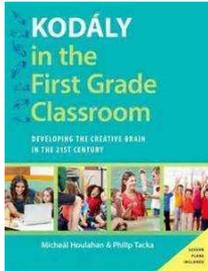
Rhythmic Concept Focus: Sixteenth Notes

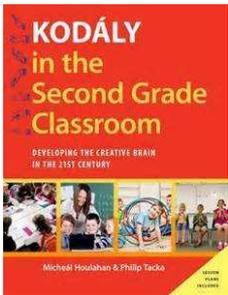


# Dance of the Sugar Plum Fairy

*from the Nutcracker Suite*

*Focus Concept: Quarter Note / Eighth Note*





# Largo - II -

*Dvorak: Symphony No.9*

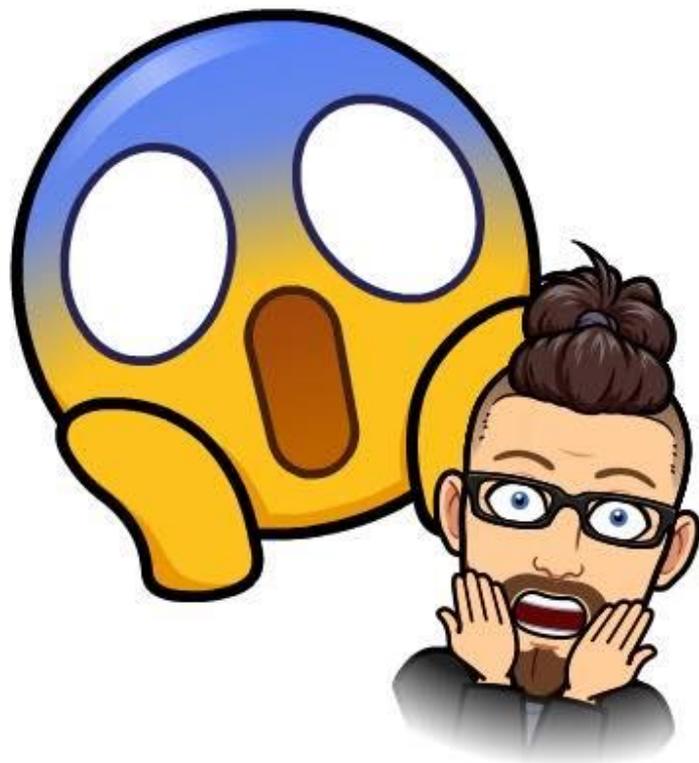


2nd Grade

Melodic Concept Focus: re / do pentatonic scale



# O Fortuna



# Creating Warm-Ups

## Keys to creating successful Warm-Ups

- Simple
  - Short ( < 5 min )
  - Demonstrates Form Clearly
    - Bonus points if you can demonstrate the concept focus
  - Lean into the silly
    - *There is no one who takes themselves more seriously than a 5th grader at the most inappropriate time*
  - *Demonstrative, not practiced*
-



The Kodály Viking  
Elementary  
Kodály  
&  
Technology  
Specialist



**DO  
IT.**

