

ELEMENTARY INSTRUMENTAL MUSI



Flute Lesson 5

Weekly Focus: Reading and Playing Eighth Notes

Explanation of Lesson Focus:

For this lesson we will focus on reading and playing eighth notes. To get us ready we first need to warm-up our body and our breathing using the exercises below.

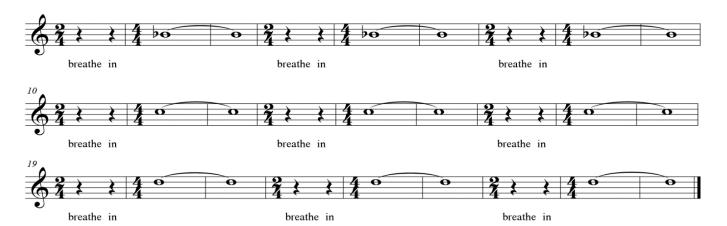
Warm Up:

Expansion breath: Place your hand on your abdomen and breathe in. Try to get your hand to move out on the inhale. This deep breath is what you will use to play the flute. If your hand goes in and your shoulders raise, you are breathing too shallow. Relax and try again. Inhale with an open breath expanding your abdomen. I like to think of it as breathing through your belly button. This breath will not only help you play the flute better but can help you relax as well.

Inhale Exhale cycle: Place your hand out in front of your face. Inhale deeply with the expansion breath through your mouth for 4 counts-Exhale blowing fast, cold air on your hand for 4 counts. Repeat this 4 times shortening the length of the inhale and extending the length of the exhale each time. If you get dizzy, stop and take a break for a minute.

- Inhale 1, 2, 3, 4 Exhale 1, 2, 3, 4,
- Inhale 1, 2, 3 Exhale 1, 2, 3, 4, 5
- Inhale 1, 2, Exhale 1, 2, 3, 4, 5, 6
- Inhale 1 Exhale 1, 2, 3, 4, 5, 6, 7

Long Tones: For flute playing it is important to play long tones each time you practice. Strive to hold each note as long as you can with a good tone. That will be different for each person at first. If you run out of air, be encouraged, you will improve each time you try! The goal is to focus on a clear tone while playing.



Musical Exercises to Practice Reading Eighth Notes and Tonguing:

If you divide a quarter note in half, you get two eight notes.

In other words, two eight notes equal one quarter note or one beat.

Let's practice reading eighth notes with exercise #47 *Eighth Note Explorer*. First, we will <u>count</u> the piece using "Ta ta ta ti-ti" (see below), then we will <u>play</u> the piece. Remember to articulate with your tongue on each note and to honor the repeat sign when speaking and playing.

#47 Eighth Note Explorer



Standard of Excellence, Book 1 Flute, by Bruce Pearson, c. 2006 Neil A. Kjos. Page 13.

We will continue our practice of reading eighth notes by first speaking, then playing #48 Go Tell Bill. You will notice that this melody uses the same quarter/eighth note rhythms we just played on #47 Eighth Note Explorer above. Be sure to pay attention to the breath marks "..." and also the fermata ... at the end of the piece which asks you to hold the final note a little longer than two beats.

#48 Go Tell Bill



Standard of Excellence, Book 1 Flute, by Bruce Pearson, c. 2006 Neil A. Kjos. Page 13.

In our closing piece, #49 Go For Excellence, it will be your turn to write in the rhythm on the lines below the notes using "ta" and "ti-ti". Use the two pieces above as a guide. The first two measures have been done for you. Now speak through your rhythm. Are the "ta" and "ti-ti" in the correct place? Next, play through the piece remembering to articulate with your tongue on each note.

#49 Go For Excellence

Tongue each note: "too"



Standard of Excellence, Book 1 Flute, by Bruce Pearson, c. 2006 Neil A. Kjos. Page 13.

MUSIC VIDEO LESSONS

For Flute Lessons, go to Seattle Public Schools YouTube site.

https://www.youtube.com/c/SeattlePublicSchoolsTV