



Before Co-op Meeting:

1. Review Unit 7, "Sixths" and your chosen musical selection(s). **Suggested new music is in bold.**
2. Review/practice singing the *Agnus Dei*, the *Sanctus*, the *Kyrie*, the *Ite missa est*, and the *Gloria* from the *Missa de Angelis*, Mass VIII. Imitate the phrasing and dynamics shown in the video available in the *Schola Rosa* online suite.
3. Review In-Class section below to make sure you understand the activities.
4. 2ND YEAR CHOIRS ONLY – Review the "Second Year Addendum" below and adjust the lesson.

Materials Needed:

- Pitch/accompaniment instrument, if needed
- Singing Lessons for Little Singers*
- Agnus Dei, Sanctus, Kyrie, Ite missa est, Gloria* and this sheet or the *Parish Book of Chant*

In-Class:

- Welcome the students.
- Warm-ups
 - Stretching and Posture Check (p. 1-3)
 - Exhaling and Breathing Exercises (p.3-5)
 - Voice Level & Siren Exercises (p. 5)
- Exercises
 - **Sixths Exercises (p. 28)**
 - Fifths Exercises (p. 24)
 - Tone Building Exercise (p. 23)
 - Fourths Exercises (p. 19)
 - Skips & Thirds Exercise (p. 14)
 - Tongue, Mouth, and Throat Posture Exercises (p. 13)
 - Stepping Exercises (p. 10)
 - Primary Vowel Exercise (p. 9)
 - Scale Drills (p. 6): be sure to practice in multiple key
- Songs
 - ***Home on the Range* (p. 29)**
 - *Lavendar's Blue* (p. 25)
 - *Gloria*
 - *Aura Lee* (p. 20)
 - *Ite missa est*
 - *Lightly Row* (p. 16)
 - *Kyrie*
 - *Oats, Peas, Beans, and Barley Grows* (p. 11)
 - *Sanctus*
 - *Merrily We Roll Along* (p. 8)
 - *Agnus Dei*
- Notes
 - Pitch the tune at a level the students can comfortably sing.
 - Exemplify the phrasing and dynamics for the students, rather than explaining.

Wrap Up

- Ask the students what song they would like to finish with and sing that.

At home

- Follow the suggested schedule in the Handbook and make use of the audio and sheet music available in the Digital Library.



Second Year Addendum

- ❖ Unless otherwise noted here, use the lesson as written

Materials Needed:

- For mass settings XI and IX in standard notation, see *Chants of the Church* (DL); for chant notation, see the *Parish Book of Chant* (DL).
- Home on the Range - 2 Part* (DL)**
- Lavender's Blue - 2 Part* (DL)
- Merrily We Roll Along - 2 Part* (DL)
- Oats, Peas, Beans, and Barley Grows - 2 Part* (DL)
- Lightly Row - 2 Part* (DL)
- Aura Lee - 2 Part* (DL)

In-Class:

- Additional Exercises
 - Harmony Exercise – Divide the students into two groups. Have the entire class sing a note and then have one group walk up or down the scale to create a harmonic interval (thirds, fourths, fifths, etc.). Talk about how the different combinations sound and feel, creating tension and resolution, etc. Give each group an opportunity to both hold the initial note and move between notes. If students master the basic version of this exercise, try moving one group and then the other in turn in a single exercise.
- Songs—Mass Parts [**Simply substitute Mass XI for Mass VIII.**]
- Songs—Harmony
 - **Introduce the 2 part version of *Home on the Range* (If the students are ready)**
 - Work the 2 part version of *Lavender's Blue*
 - Work on the 2 Part version of *Aura Lee*
 - Work on the 2 Part version of *Lightly Row*
 - Work on the 2 part version of *Oats, Peas, Beans, and Barley Grows*
 - Work on the 2 Part version of *Merrily We Roll Along*
 - Work on each part as a whole group, then divide the students and begin to sing sections in harmony.
 - Keep in mind that this will be very challenging for the students at first. Be willing to persevere, but realize that if your students are not capable of this you should introduce them to new simple melodies, rather than attempting to force the issue. Continue to work on the harmony exercises, even if you opt for this latter course of action.
- Songs—Folk Songs [**Any of the songs learned in first year may be practiced as simple melodies.**]
 - *Home on the Range* (p. 29)
 - *Lavender's Blue* (p. 25)
 - *Aura Lee* (p. 20)
 - *Lightly Row* (p. 16)
 - *Oats, Peas, Beans, and Barley Grows* (p. 11)
 - *Merrily We Roll Along* (p. 8)