

## 5<sup>th</sup> Grade String Practice Tasks

	<p><b>Week 2</b> with Instruments (Oct. 14 - 21)</p>
B O D Y	<p><b>Warm-up</b>                      Eagle                      Skim the Water                      Ski Poles:                          a. Out in front                          b. Open out from chest height ("poke" the person behind you)                          c. Bass bow pendulum swings in front of you                      Rounded Finger taps to thumbs (1 tap each, 2 taps each, 3 taps each, 4 taps each)                      Stack Body: Ears over Shoulders, Shoulders over Hips, Hips over Feet.</p>
	<p><u>Instrument to Body</u> Procedure (with handout)</p>
	<p><b>Squats:</b> Violin/Viola Squats in Playing Position, No Hands; Cello/Bass Squats behind the instrument.</p>
L E F T  H A N D	<p><b>Pinky Plucks</b> (with left hand pinky, thumb under the curve of the neck)                      5-note String Series: CCCC, GGGG, DDDD, AAAA, EEEE, AAAA, DDDD, GGGG, CCCC</p>
	<p><b>Left Hand Finger Taps on Instrument</b></p> <ul style="list-style-type: none"> <li>• Violin/Viola in Banjo Position, hand at the shoulder with your thumb on the instrument back and fingers squared above the face of the instrument.</li> <li>• Cello/Bass with your thumb on the back of the neck, fingers squared and lined up over the fingerboard tapping between the middle two strings.</li> </ul> <p>All fingers at once, tap: once, 2 taps, 3 taps, 4 taps                      One finger at a time: 1 tap, 2 taps, 3 taps, 4 taps</p>
B O W  H A N D	<p><u>Rocket Bow Hold with straw or pencil</u> (see handout, linked in title)                      Do the <b>Rocket Bow Chant</b> slowly and carefully. Is your thumb staying round and circle-y?</p>
	<p><b>Optional: Straw over Dowel Rod, Rocket Bow Chant</b>                      Slide your straw over a dowel rod and do the Rocket Bow Chant with the straw tracking on the stick (mine are 5/16 x 36 but anything that fits through a straw will do)</p>
	<p><b>Right Hand at the Bow's Balance Point</b> (at rubber band if I put one on your bow),                      Rocket Bow Chant</p>
	<p><b>Instrument in Playing Position, Rocket Bowhold at Balance Point:</b>                      5-note String Series with Bow:                      CCCC, GGGG, DDDD, AAAA, EEEE, AAAA, DDDD, GGGG, CCCC</p>



Remember to loosen your bow (Lefty Loosey) before putting it away. Put it away tip first and remember to turn the "turnstile" spinner to lock it in place in your case. Wipe instrument with a soft dry cloth to remove any dirt or rosin. Always remove your shoulder rest or retract your endpin.