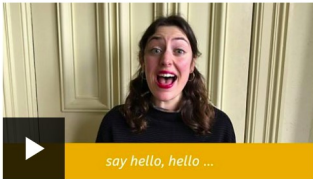


**Ten Pieces Musical Menu**

**WARM UP**

(2 min 10s film)  
Sing along to the hello song with Lucy Drever and BBC Philharmonic clarinetist John.



**LEARN**

(2min film)  
Find out what dynamics are with BBC Bitesize.



**LISTEN**

(4min 30s film and worksheet)  
Listen to *Storm Interlude* from Britten's 'Peter Grimes' and hear how Britten uses dynamics to create a dramatic musical tempest. Once you have listened complete the linked worksheet.



**Ten Pieces Musical Menu – BBC**

This weeks musical menu looks at **Dynamics**

- For:** KS2 England and Wales, P4-6 Scotland and KS1-2 Northern Ireland  
**Links to:** Music, Art, Dance, PE and supports Scottish Curriculum for Excellence  
**Themes:** Dynamics, opera, weather and the sea

Send us your creations using the **Ten Pieces uploader – Ten Pieces – Send – BBC** for a chance to be featured in our online showcase!

**Music Theory in 16 Minutes - YouTube**

**For: Secondary School Age Students**

Charismatic composer, Guy Michelmor explains the essentials of music theory, in as little as 16 minutes! He will take you through note names, the difference between major and minor and he even explains what intervals are. Some students may find the theory side to music a little boring, however Guy is able to make it fun and you will complete his video, with a good foundation of music theory in a short amount of time.



Welcome

SIPS Music and Arts would like to share some musical activities and links for you to share with parents and your teaching staff during Lockdown 3!

**Importance of Music in difficult times**

We believe music can change lives, enabling lifelong participation and enjoyment, impacting on well-being and good mental health. In these difficult times music can play a major role in keeping spirits high. 'Notes' will give you simple ideas to engage pupils in and outside of the school setting.

For more info :

Please visit:  
[www.sandwellmusic.org.uk](http://www.sandwellmusic.org.uk)  
to view more exciting resources from SIPS Music & Arts Service

## Learn How To Improvise In Less Than 10 Minutes On Any Instrument



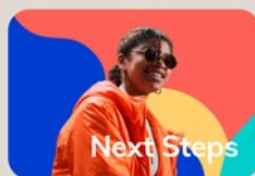
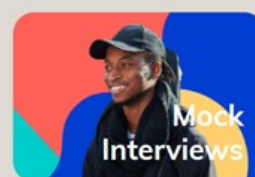
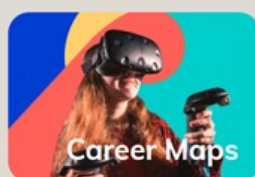
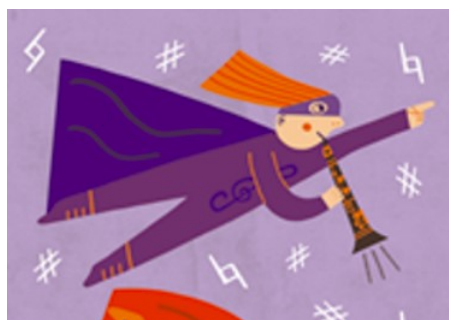
**For: Secondary School Age Students**

James Eager is a bass guitar teacher, but in this lesson, he is able to explain the basics of improvising and how it is possible on any instrument. As some of you are not able to have instrumental lessons at the moment, it would be great for you to get your instrument out, put one of your favourite songs on and try to improvise, using the skills and techniques you will learn from watching this video.

## **Creative Careers KS3-5**

Check out this link to inspire careers in the

[ACC Creative Careers](#)



## **Superheroes**

This resources is suitable for KS1 & KS2

[Superheroes - Birmingham Contemporary Music Group BCMG Learning Resources \(composing activities, scores and reports\)](#)

- 🎵 Design a Superhero and give them a name.. Think about how they might **move**.
- 🎵 Become your superhero and move around the room – what sort of **rhythms** or **shapes** does your moving make?
- 🎵 Can you make sounds on an instrument to match the movements you make?

## **Graphic Scores**

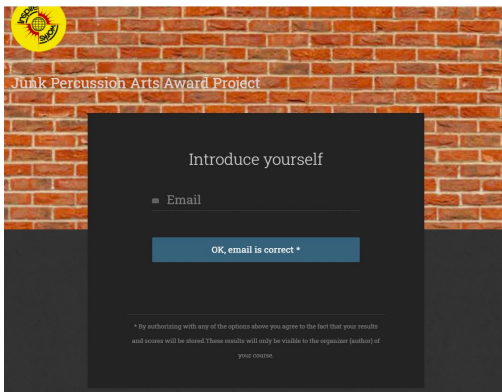
This resources is suitable for KS1 & KS2



Follow the link to listen to and watch the most famous **Treatise by Cornelius Cardew**. Filmed and recorded so that you can see the score at the same time as hearing the music.

[Graphic scores - Birmingham Contemporary Music Group BCMG Learning Resources \(composing activities, scores and reports\)](#)

## Junk Percussion Samba Reggae Course



[Junk Percussion Arts Award Project | Inspire-works \(inspire-works.co.uk\)](https://inspire-works.co.uk)

**Suitable for KS1 & KS2**

Pupils can create junk percussion instruments using household objects to create a Brazilian samba reggae. Once they have finished their project they will be provided with a Certificate.

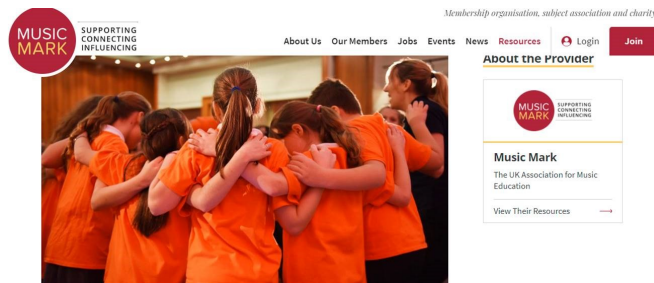


## Clapping Fun

A fun Warm Up song for KS2

[Music lesson - Steady beat - YouTube](#)

## Supporting Wellbeing and Mental Health from Music Mark



Below we have collated a selection of mental health and wellbeing resources aimed at musicians, educators, young people, those working in the music education sector, and anyone looking for ways to support their wellbeing. For more general mental health and wellbeing advice, the mental health charity [Mind](#) has compiled an excellent resource page about protecting your wellbeing amidst the Coronavirus pandemic, along with practical advice and support around health, legal, and financial anxieties. [Read it here.](#)

### BBC Teach

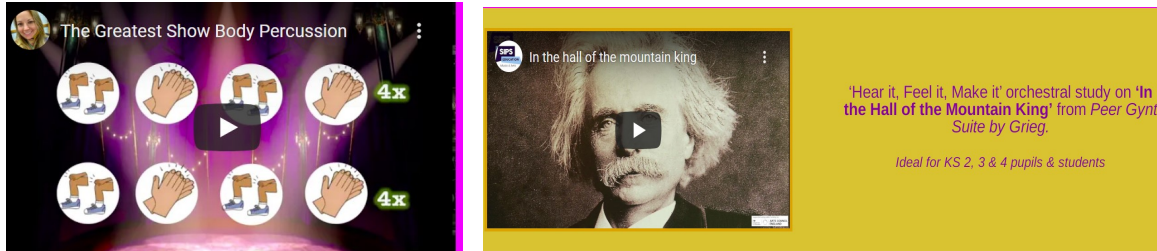
BBC Teach have launched a new [support and wellbeing space](#) to help teachers through the stress and pressures of the school year. Their Teacher Support page includes articles and videos aimed at supporting teachers in this tricky period, including their [Confessions of a Teacher collection](#).

### The Happy Flutist

Though created with flautists and musicians in mind, the guided visualisations, podcasts, relaxation music and videos shared on The Happy Flutist are applicable to all. The site is a pit-stop to recharge for as little as 10 minutes with completely free resources guiding us to greater mindfulness. [Find out more here.](#)

## More resources of SIPS Music Teachers

Check out the example page [\(SIPS Board\) Music resources Spring 2021 | Sandwell Music Education Hub](#)



If you would like access to our schools remote learning page containing

- YOUTUBE clips from SIPS staff for interactive activities and stories.
- To book a live interview with one of our musicians
- A live session delivered via TEAMS

## Keeping in Touch

We'd also love to get your feedback on its content, and hope to tailor it to your needs as the weeks progress.



[music.arts@sips.co.uk](mailto:music.arts@sips.co.uk)



0121 296 2997



[www.sandwellmusic.org](http://www.sandwellmusic.org)



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Keep making music and taking care.  
Music & Arts Service Team.