



AUDIOVISABILITY

Music Workshop Pack

By Ruth Montgomery

‘Two Hearts’

For Schools & Families at home

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Introduction

Hello and a big welcome to the 'Two Hearts' workshop resource pack!
Building on the success of the project and having tested the music and arts concepts with numerous deaf and hearing Primary/Secondary pupils this exciting pack has now been created.

It enables you to hold a stand-alone workshop on each theme, with each session being approximately one hour in duration. It is full of delightful ideas, music learning activities, suggestions and visual links for you to choose from.

In this pack we delve into the world of classical and modern music. Some of the pieces are specifically related to dressage riding music themes. The pack offers ways in which music can be appreciated and applied to your own activities at school or home. It is tailored to suit a range of activities and levels, be they writing, playing music, movement, sign language and / or creative arts. There are 5 sessions; each session builds up to a finale - a live concert of everything you have learned and played. Enjoy!

Contents:

No.1 *Laurentia & Sherlock's Theme Tune*

Activity: Music & Movement - time signatures & rhythms

You'll need: Access to YouTube links.

No.2 *La Peregrinación*

Activity: Music & Storytelling - performance & soundscape

You'll need: Paper, coloured pens, access to YouTube links

No.3 *Sugar Plum Fairy & Senorita*

Activity: Music & Sign Language

You'll need: Paper, pens, access to YouTube links

No 4: *Two Hearts*

Activity: Music & Visual Arts

You'll need: paper, art materials

No.5: *Full Concert Experience*

You'll need: YouTube link and some popcorn.

1. Music & Movement

Laurentia & Sherlock's Theme Tune

This is about a special bond. It is a true love story between Laurentia and her horse, Sherlock.



Laurentia is an incredible dressage rider who was born profoundly deaf. She became involved with Audiovisability in order to develop her relationship with music and gain access to, as well as a better understanding of, the wonderful world of classical, pop and modern music to which she rides in dressage freestyle. With a greater connection to the music, Laurentia's performance improved.

You can see our short 4-minute story by clicking [here](#). Music by Tom Hunt 2018.

Dressage:

Dressage is a highly stylised movement art form performed by horses through changing speeds and making 'dance' patterns with walking, trotting, cantering, and pirouette.

Warm up:

First, let's warm up! We like to stretch our arms, bend our knees, do some leg swings, arm circles, and neck, feet and wrist circles.

All done? So now we are ready.

1. Music & Movement

Tempo

Talking about Tempo

Movement and tempo go together. Tempo is a word we use to describe the speed of the music. We can move slowly and we can also go quickly -just like horses and animals do. It is changeable.

So let's have a go:

Slow - In walking pace - Going quickly - Very fast!

Slow walk:

Let's move slowly to [Camille Saint-Saens' 'The Swan'](#). Composed in 1886, this is a beautifully slow piece and is often played by the cello with piano accompaniment. By moving gracefully around the room, the music is constant, and calm with expressive rise and fall movements.

At walking pace:

This time let's walk at a nice steady pace to [Vivaldi's 'The Four Seasons'](#). Composed in 1723, this famous lively baroque piece includes high-pitched plucking from the strings to depict icy rain, and bird calls, with violas portraying a barking dog in 'Spring'.

Going quickly:

This infectious fun ['Hoe Down' from Aaron Copland's 1940 Ballet Rodeo](#) piece is a great example of something that is quick. Imagine cowgirls and cowboys dancing around at a lively speed. This music is about real people and their folk tunes and customs; full of open plains, a sense of adventure and the American pioneering spirit.

Very fast!

The ['Flight of the Bumblebee'](#) is incredibly fast! This orchestral interlude was written by Nikolai Rimsky-Korsakov for his opera The Tale of Tsar Saltan, composed in 1899 - 1900. You can imagine bees having very fast-moving wings and making a Bzzz sound. Your hand can represent a bee moving crazily in the air!

1. Music & Movement

Time Signatures

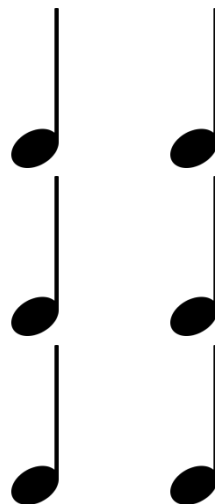
Another secret ingredient that musicians like is the play on time-signatures. Time signatures are really important, they have numbers at the beginning of each music sheet which looks like this:



Can you see the numbers 2, 3, and 4 at the top? This information is the most important. Let's get started!



This is 2 time. We have two feet. Our counting goes **One**, two, **One**, two, **One**, two, and our feet march in time to the steady beat. The first beat is the strongest. In music we write our crotchet beats on each line so musicians can start to play in 2 time.



We clap each crotchet beat as shown above. Can you march and clap in two time without stopping? Make sure you keep the rhythm going. Clap and March in two time along to the tune, [Marche Militaire Op.51 no.1 by Franz Schubert](#) in 1826. This gives you a sense of the steady beat.

1. Music & Movement

Rhythms

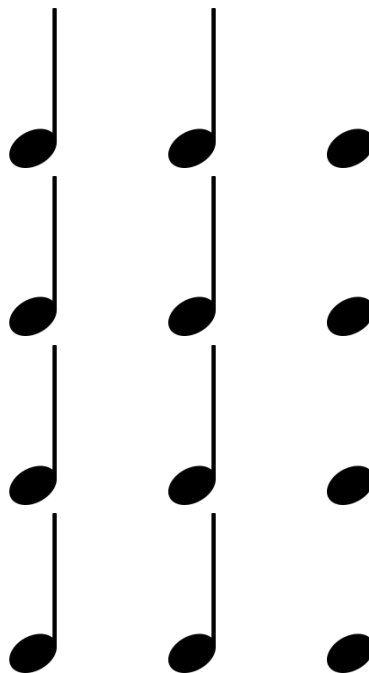
3
4

Now let's look at 3 time. The sense of 3 time is like a Waltz which is very different from marching. It is a dance with very smooth, gliding and whirling movements. It is graceful to the eye.

Now try performing to the rhythm like this:

Knees clap clap, Knees clap clap, Knees clap clap,

In music we write our crotchet beats on each line so musicians can start to play something in 3 time.



Try it without stopping! The **first** beat is the **strongest**. You might like to sway your body – it feels graceful, which is exactly what waltzes feel like.

Now that you have the idea, you can dance freely around the room to the tune '[My Favourite Things](#)' from the Sound of Music (1959) by Richard Rodgers. The feeling of marching in 2 time and waltzing in 3 time is very different indeed!

1. Music & Movement



Last but not least, now you can see that this is 4 time. You have been learning that 2, 3 and 4 time beats give a different feel to the music.

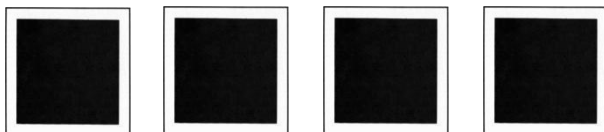
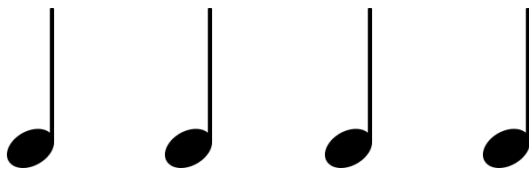
You already understand that each crotchet beat has one clap.



Now let's learn more about rhythms and vary them to make it more interesting! Rhythms are important because they can create a melody that people recognise and love forever.



This is a crotchet.



Taa

Taa

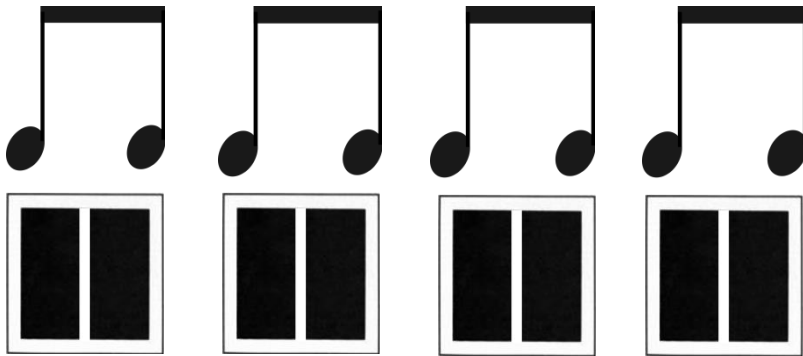
Taa

Taa

One square means one clap. In music we say 'Taa' for one beat.

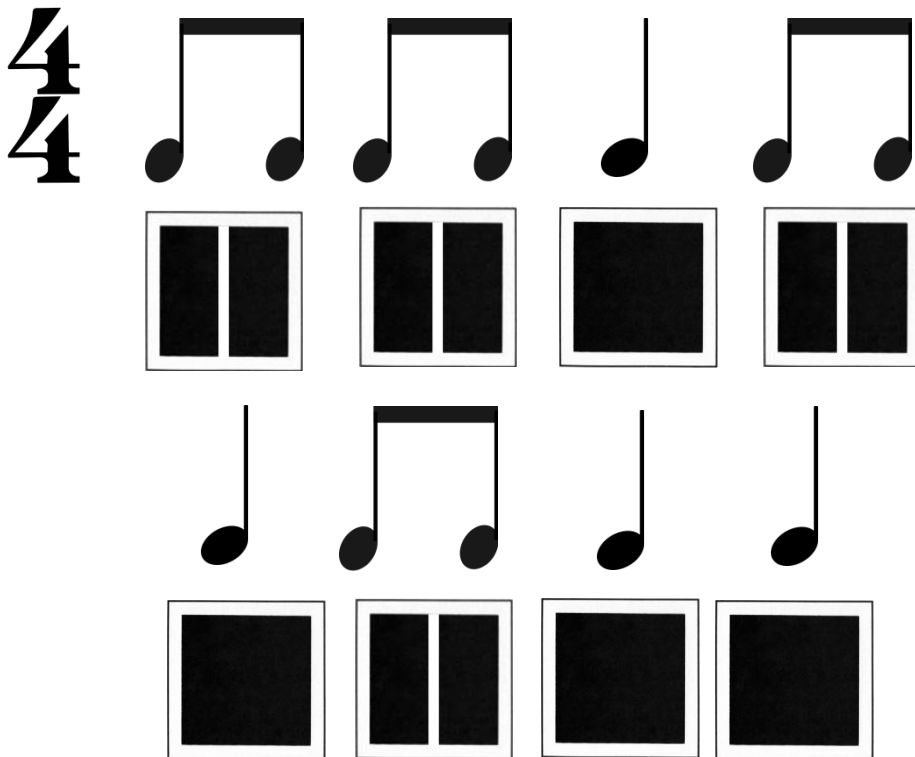
1. Music & Movement

Now, to add interesting rhythms. This is called quavers. We do two short successive claps which looks like this:



Ta - te Ta - te Ta - te Ta - te

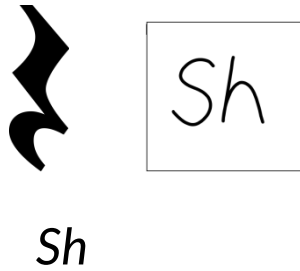
In music we say 'Ta-te' – two sounds in one beat.
Let's vary the rhythms and clap below.



Composition:

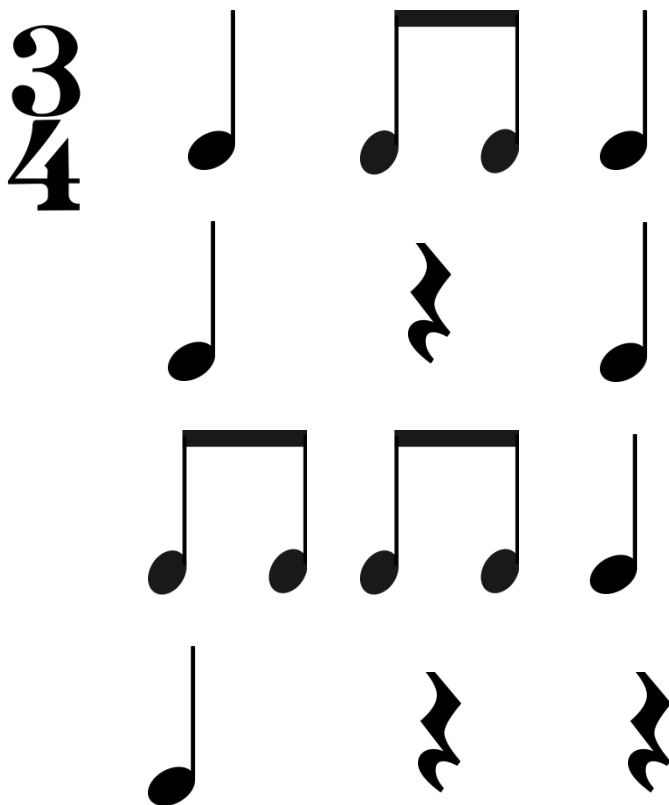
This is interesting and fun. You can write your own rhythms. Draw your crotchets and quavers as neatly as you can.

1. Music & Movement



In music there are sounds, as well as silences. We use this symbol to show the silences and we call them 'rests'. A crotchet rest is one silent beat so we carry on counting but not making a sound.

Let's try this reading activity (note the time signature!):



Well-done! Now create your own rhythms. In the back of the workshop pack, you will find rhythm cards and squares to cut out and use.

Congratulations, you've come to the end of the movement activity. I hope it was interesting. You have learned about tempo (speed) and time signatures (numbers). These two are highly significant in terms of choosing the right music to match the horse's size, shape and movement as well as the rider's personality and then creating the type of performance to be given.

2. Storytelling & music

La Peregrinacion

The music of 'La Peregrinacion' was composed in 1964 by Ariel Ramirez, an Argentine composer. He blends Spanish language, Latin American ideas and Argentine folklore in his music. Folk music is about local indigenous people, telling stories and coming together, singing and playing music in the community.

'La Peregrinacion' is very special because it was used for Laurentia's very first dressage freestyle performance at the 2008 Paralympics in Beijing. The title is a Spanish word which means 'Pilgrimage'. It is a journey, often to an unknown or foreign place – it is about going somewhere with a purpose.

This music is specifically written for the Nativity. It is about Mary as she rides the horse- following the star and trying to find somewhere to deliver her baby. Through music, this story is told to successive generations.

*Do you have a story to tell? I'm sure you do!
....and let's tell it through music.*

Sound warm up:

Get out your instruments and start to explore sounds. What do we have here? Sounds can be made through plucking, hitting, scrapping, tapping, shaking and blowing. Sometimes an instrument can be struck hard, and at other times it may be struck softly. There may be unpitched sounds or sounds with pitch to play with.

Activity 1: Sound & emotions

Together in a group, let's pretend that we are all really happy today, and what we are playing is light and at a moderate tempo. Together we sound fun, and connected. We can enjoy playing with dynamics – that means increasing and decreasing our sound, and it makes it much more interesting.

Now let's pretend that we are angry. It is not a good day and we are all having an argument. Whoa! yes. We sound erratic, unpleasant and all over the place!

2. Storytelling & music

Activity 2: Music ideas - Soundscape

In this activity we are going to tell the weather forecast through music. To do this, we need to have a plan. This makes us sound organised, in the same way that musicians receive information on how to perform a piece in a group. It also sounds really interesting.

So, let's have a look at the weather stages before the storm. You can add, remove, or edit anything you wish!



We need one person to be the conductor/leader - using the picture cards which express what is happening with the weather. The person will lead the story.

1. **The Sun:** We can imagine that everything is bright and light. The music is soft and gentle, with some shimmery sounds, nothing too bassy or low.
2. **The Storm:** Now we can see a storm brewing... The cold, dark clouds bring rain which starts to pitter patter slowly at first, and then it gradually becomes louder... some low bass trembling sounds followed by loud crashes of thunder!
3. **The Rainbow:** The storm has passed. There is an eerie sense of silence as sounds emerge. Some twinkling high pitch sounds depict a rainbow.

See what you have done here? You have created a soundscape of a musical story, so now why not create your own? You could even have a musical conversation like [Dame Evelyn Glennie and Nao Masuda](#) had on the drums?

Your own activity:

It can be anything from getting ready for the races, the Paralympics, or simply about a plane taking off and landing. Remember to have the beginning, middle and end parts of the story as these make it more interesting.

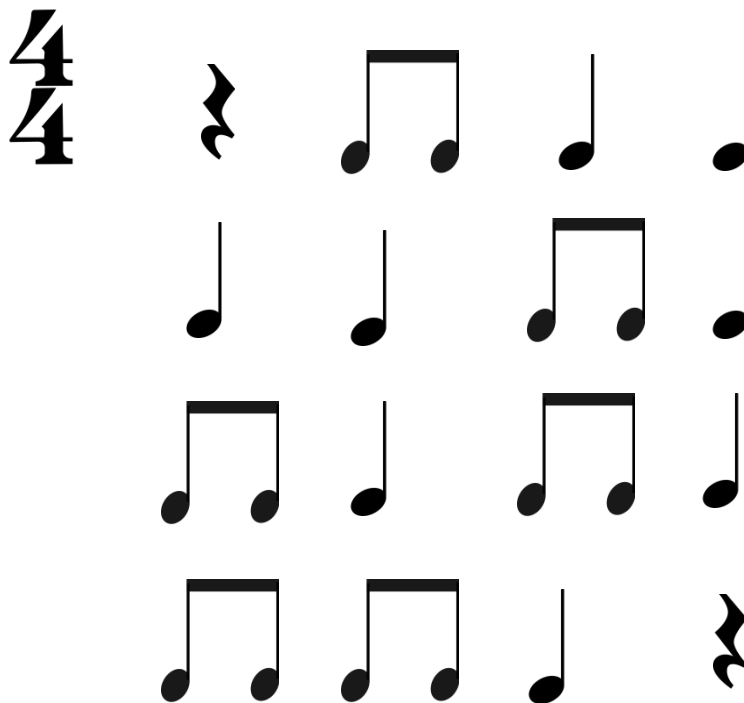
3. Sign Language & Music

The Sugar Plum Fairy

The "Dance of the **Sugar Plum Fairy**" is from the Nutcracker Ballet composed by Tchaikovsky in 1892. It is a very special and important dance for a principal female dancer, wearing sparkling tulle and satin pointe shoes. The music-box-like melody is played by a celesta (a form of tinkly bell piano). This creates ambience, and the idea of ballet 'royalty'. The Sugar Plum Fairy is the ultimate tutu and tiara role.

It is often said to be the first role to which many young ballerinas-to-be aspire. The Sugar Plum Fairy is not only a symbol of seasonal splendour and hope, but the symbol of childhood dreams, and, for some dancers, the first childhood dream-come-true in their ballet lives.

Learn the famous melody: the famous Sugar Plum Fairy melody is eerily beautiful and mysterious. It goes by the famous rhythm that is repeated frequently throughout the performance.



Repeat 3 times

Imagine this being full of splendour and grace. Just watch how deaf sign language performer Zoe McWhinney shows herself as a young Carmen discovering a ballerina box, and depicting the way that [the Sugar Plum Fairy](#) moves so gracefully.

3. Sign Language & Music

Activity:

Find a story that you would really like to tell through sign language or body language. It can be a very short song, poem or just an idea of your own- as an example think about the way a seed (this is the beginning) grows from a pot by responding to water and sunlight (this is the middle), and then turning into a beautiful flower (this is the end).

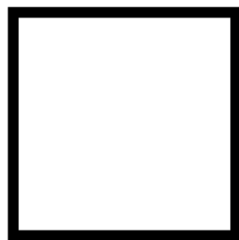
Ideas list:

1. A song – e.g. Brahms Lullaby
2. A poem becoming a musical piece.
3. At the races (horses/car/train/inside PlayStation games)
4. The Flower dance

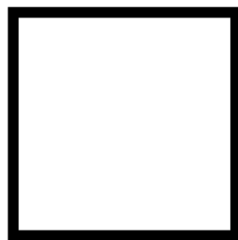
Music:

Create musical ideas for your story, try repeating it a few times, and draw a storyboard or pictures. Then decide on the sounds to go along with it. Have a bass beat which acts like a backing track to your improvised piece. This puts all your ideas into a plan.

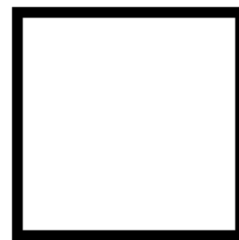
Remember! The three-part structure -



Beginning



Middle



End

You can draw pictures or add words.

It is also more interesting if you can remember to change the tempo (speed) and play with dynamics (loud & quiet). People like exciting music!

Perform

Perform this to your class. Make sure it is approximately 2 - 3 minutes in length to give a real sense of your audience watching / listening to a first-class performance piece.

4. Music & Visual Art

'Two Hearts'

Did you know that the title 'Two Hearts' means that the horse's heart and rider's heart come together as one?

At Audiovisability we wanted many elements to be considered in creating this brand-new commission for the Paralympics. For example:

Deaf - Hearing
Horse - Rider
East - West
Pitch - unpitched
Sound - silences
Spoken language - Sign language

The track can be seen and heard at the link '[Two Hearts](#)'. It features a strong repetitive beat akin to marching, which represents the journey Laurentia and her horse, Sherlock, are making. The track has a strong Far Eastern theme and features Japanese Taiko. The emotion of the track ranges from anticipation to darker more brooding tones before becoming uplifting and positive. It encapsulates the emotional journey an athlete experiences as part of the Games.

It was important to the team at Audiovisability that the customised music track was accessible for Laurentia. We involved the Subpac company which makes vibrotactile jackets.

Activity

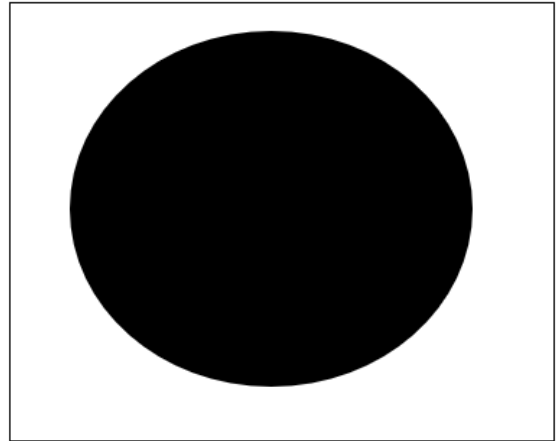
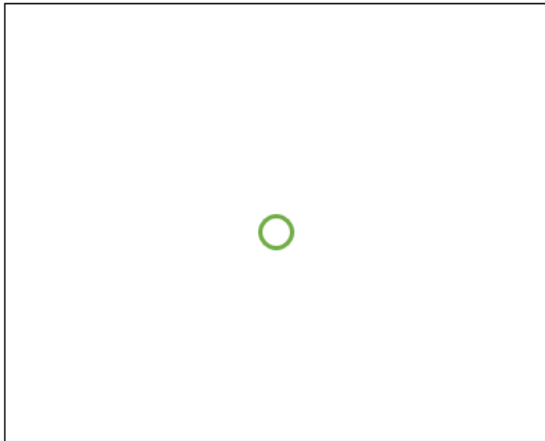
In this very exciting activity, you are going to do artwork. You can get out the felt tips, tissue papers, paints, and also make sure you get a large piece of paper to work on.

Let's play with the words 'opposite' and contrast - thinking about music ideas – the ones below are to give you an example.

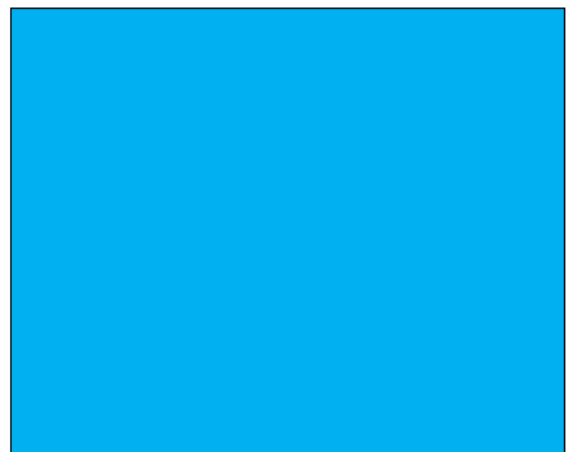
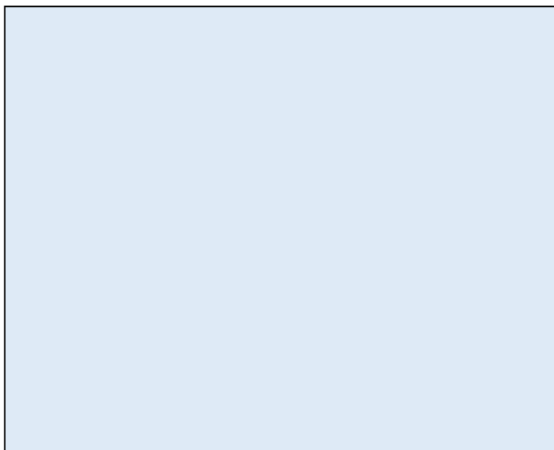
But first! ***There is just one rule.*** No drawing faces, houses or animals! Use abstract concepts.

4. Music & Visual Art

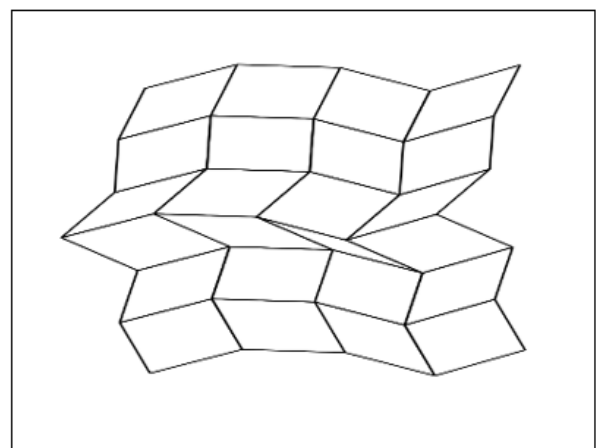
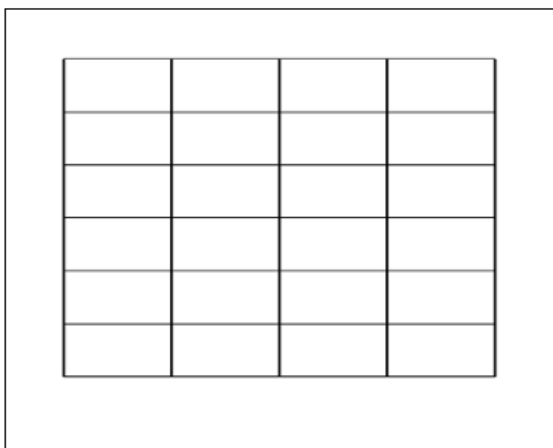
Dynamics/volume: Soft & loud.



Or maybe some of you prefer to interpret 'soft & loud' like this instead?:

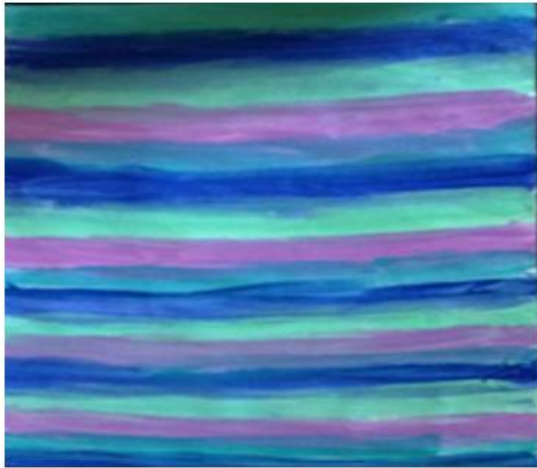


Pulse/Beat - regular & irregular.



4. Music & Visual Art

Articulation/Pattern - Legato (smooth) & Staccato (detached)



Pitch: High & low sounds.

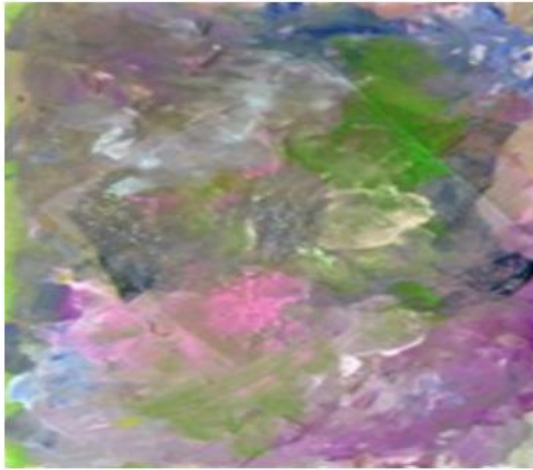


Tempo: fast & slow



4. Music & Visual Art

Texture: thick (many layers/many sounds) & thin (one layer/one sound).



After you have painted two contrasting elements, you may want to consider many more elements all together in a picture! For example, let's have a look at the combination of these three words:

smooth, fast, loud

Now what do you think your music and painting would look like?

How about this:

slow, thin, quiet

and this

high, regular, short

and maybe this one.

thick, jagged, low.

Now discuss your ideas and everyone else's thoughts and ideas in the group and discover what you have learned from them. It is fun to play instruments then start thinking about your interpreted painting, or try writing music down and then think about how it would work – how could you turn it into a really great piece?

5. The Concert Experience.

'Two Hearts'

[Click here to watch the concert: Two Hearts Live Stream](#)

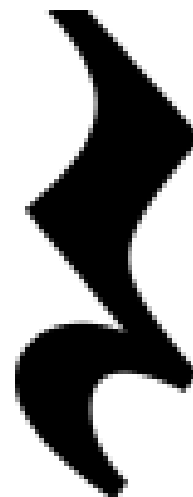
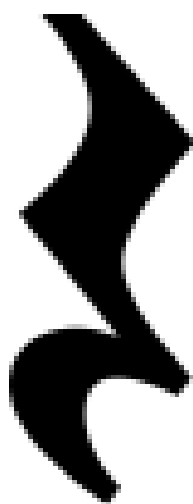
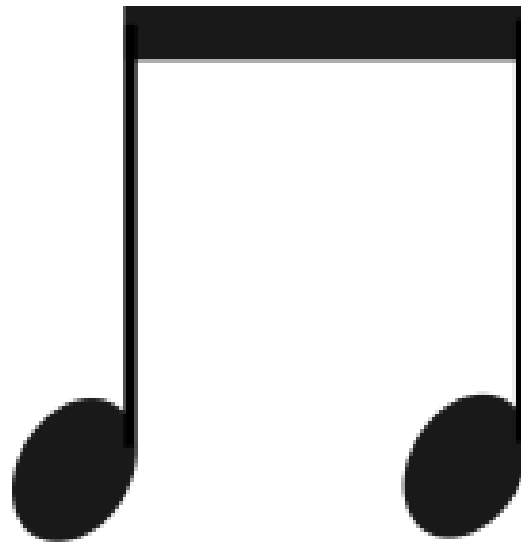
You are going to watch a 30-minute concert. Many of the activities you have learned this week are included in the concert programme. They have been purposefully designed to bring out the best of your learning and enjoyment.

Whenever you watch a concert or listen to a piece of music, it is always interesting to think about the many elements that are coming together to create it. From all the learning of this week, it is hoped that you have developed an overall sense of music ideas, music structure and an understanding of how musicians and visual artists communicate.

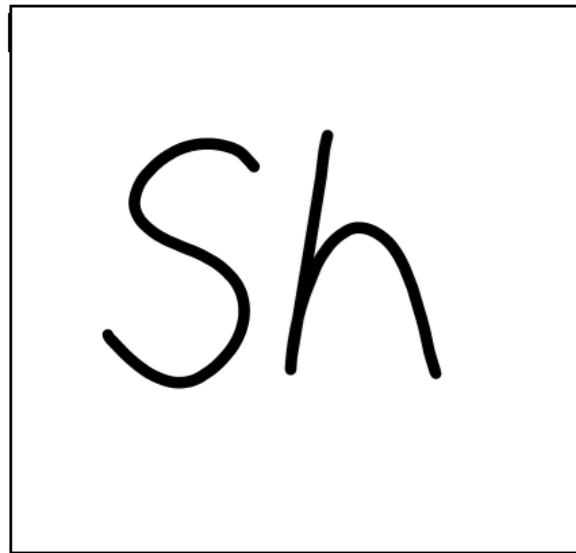
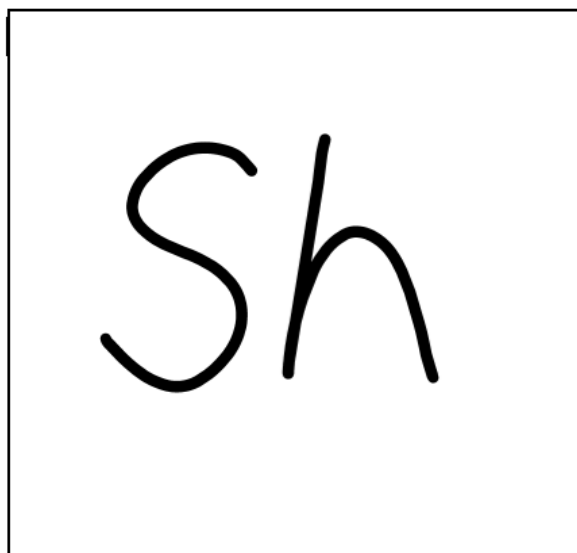
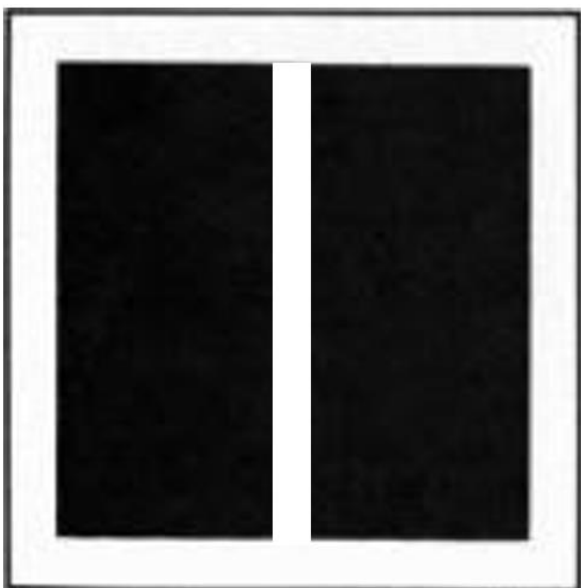
Whether it is through sound, expression, sign language, or painting, we are all storytellers creating tales to keep and be remembered for many years to come.

Now sit and back and enjoy.

Print & Cut Out



Print & Cut Out



Appendix – YouTube Links:

Page 3 – Laurentia & Sherlock's Short Story:

<https://www.youtube.com/watch?v=0X3GUT2hk-g>

Page 4 - Camille Saint-Saens' 'The Swan':

<https://www.youtube.com/watch?v=3qrKjywj07Q>

Vivaldi's 'The Four Seasons':

<https://www.youtube.com/watch?v=4rgSzQwe5DQ>

'Hoe Down' from Aaron Copland's 1940 Ballet Rodeo:

<https://www.youtube.com/watch?v=ey7KgmHTQfl&t=9s>

'Flight of the Bumblebee':

<https://www.youtube.com/watch?v=MW8asBxO4ol>

Page 5 - Marche Militaire Op.51 no.1 by Franz Schubert:

<https://www.youtube.com/watch?v=5GEdaMm6ITo>

Page 6 - 'My Favourite Things' from the Sound of Music (1959)

https://www.youtube.com/watch?v=r_KyRPHoSP0

Page 11 – Dame Evelyn Glennie and Nao Masuda:

<https://www.youtube.com/watch?v=4dQBEHQ8Lyk>

Page 12 – The Sugar Plum Fairy

<https://www.youtube.com/watch?v=yA6bGDNFJ-k>

Page 14 – 'Two Hearts':

<https://youtu.be/M7BXT6f9la0>

Page 18 – Two Hearts Live Stream Concert

<https://youtu.be/V4GC0Tqx-n0>