

PizzIMMERSION

Professional Learning Activities

Mini lesson plan

Title

Roller Coaster Ride

Year level suggested

Years F-4

Useful for

Brain breaks
Refocusing
Body Coordination
Group Participation
Vocal Exploration/Expression

Materials

A clear space in the classroom.
A small toy (a ball, car, train or teddy bear may be useful in redirecting student performance anxiety)

Learning intention

To warm up voices for speaking and singing.
Explores expressive and creative ranges of student vocal expression.

Steps

1. Warm up - Stand in front of students, make shapes with your hand (or a small toy), that you imitate with your voice.
2. Once students are comfortable, ask them to join in, following the direction of your hand
3. Stand everyone in a circle and repeat Steps 1 and 2
4. Step into the circle, drawing a line with your hand/toy moving up and down like a roller coaster
5. Move towards the opposite side of the circle, finishing your turn by "passing" a sustained sound (as well as the small toy/object) to the student – then sit down in that student's spot
6. The next student takes your sound on their own roller coaster ride through the circle, passing to another student and sitting in their place – continue until everyone has played
7. Everyone stands as the final student has their turn - they can choose to pass to anyone to finish

Extension

- Try different materials (scarves, balls, ribbons) to encourage creativity/reduce performance anxiety
- Encourage students to match the pitch/sound of the person passing the turn to them
- Students who are not yet comfortable performing in this way may have a very short turn by passing the sound to the person directly next to them
- Students may like to reflect on sounds they found particularly interesting. They may like to 'draw' these pathways to use another time

Curriculum links**Music**

- Explore and Express Ideas
- Music Practices

Visual Arts

- Explore and Express
- Visual Arts Practices
- Present and Perform
- Respond and Interpret

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration

**Melbourne
Symphony
Orchestra**



Education
and Training

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