

# Flute Instrumental Update



Hello everyone. This is intended to give some general tips and hints to apply to your practice sessions at home. The most important thing is to enjoy playing your instrument and the sound that you make while also improving a little bit each time too.

## FOCUS OF THE WEEK – DYNAMICS

We all know that getting the right notes in the right order is just the start of playing music. The more we can get used to changing the dynamics at sight, the better a musician we will become. Whether you know 3 notes or 43 notes we can all learn to differ the volume of our sounds depending on the demands of our music.

Long notes are the best way to focus on dynamic changes as they give us the opportunity to really listen to the sound we make and concentrate on how we blow the air stream into our instrument to make it get louder and quieter. Pick any note you like and play it for a slow count of 4, try it loud and then quietly, pay attention to what you are doing to change the volume. Always take a big breath before starting and exhale slowly.

If you are a more advanced player, Grade 3 and upwards in particular, try to find more changes of volume such as mp, mf, pp and ff and then extend your long notes to a count of 8 slow beats and work on a crescendo and diminuendo within one note. It should be quite hard work, so don't worry if you're slightly out of breath after a few minutes of this!

If you look on our Musica Kirklees YouTube channel there is a short video demonstrating how to do it.

<https://youtu.be/AtOBt3vngw4>

## A good practise routine!

1. **Warm up** with long notes – spending the first minute of your practice session on these will give you the best start, it warms up your instrument, your fingers and muscles, and your breathing. Listen to the sound you make throughout, make it as warm and beautiful as you can.

and arpeggios, we just don't always notice because we get caught up in the lovely melodies. Remember to play each scale and arpeggio tongued and then slurred, taking a big deep breath before beginning to give you a full tank of air to work from. Again, you don't need to spend all your practice session on these but a good 5 minutes of concentration will pay dividends when you get to your pieces, with the bonus that you'll make your teacher very happy when you play them confidently at your next lesson!



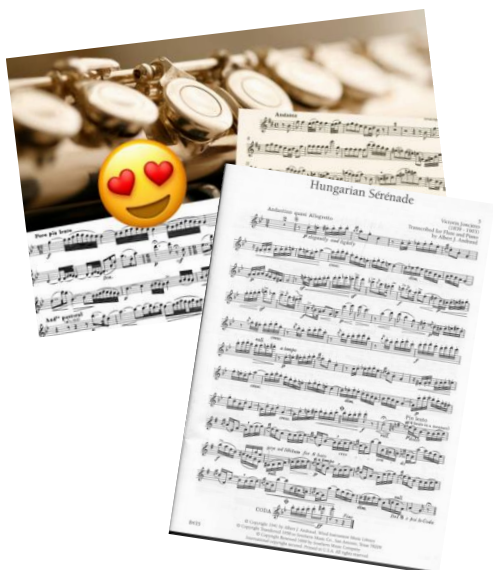
3. **Pieces** – Yay! The bit that students usually enjoy the most and if you've done points 1 and 2 above you will be fully warmed up and ready for action. Think of it like an athlete running a race, they don't just turn up at the starting line and expect to do their best, they warm up and prepare themselves beforehand, it's just the same when playing a musical instrument but you don't need to wear a tracksuit!



Practising pieces should be like putting a jigsaw together,

don't just play them through, that's playing, not practising.

Look at it in sections, if there's a trickier bit, work on it until you can



## **Mrs Bell's Challenge of the week**



### **Dance Monkey**



For this one you'll need to be able to play E, F#, G#, A, B and C#. The link below will take you to a recording of Dance Monkey with the accompaniment and the notes are on the screen. There are a lot of tied notes which make it look more complicated than it sounds so maybe listen to it first as it's a very repetitive motif and you'll soon be able to play along by ear. Give it a go and if you're feeling brave do a video of yourself playing it and send it in to #musicakirkleesathome, we'd love to see them.

Have fun! <https://youtu.be/FANS-EnGaHM>

