

Week 1: Broadway Variety Show | Teaching Theatre Online

- Next practice marching for four beats and then step-touch L, step touch R for the remaining four beats.
- OPTIONAL: If you feel comfortable teaching basic dance steps, discuss that there are certain building blocks of musical theatre dance that you can master and start to incorporate into your choreography. One of the most basic is the jazz square. You can find a video tutorial here:
<https://www.youtube.com/watch?v=-KXXlnW3RbU>
- Finally, ask the students to walk away from the screen and practice 8 counts and then return to the screen at a designated time to share what they've learned. Stay "on call" in case they need some help!

Music (45 Minutes)

Talk to your students about how vocal warmups, exercises and rehearsals are different in the virtual world. We can't sing in unison together, but we can still sing and learn a lot about music and musical theatre.

ACTIVITY: Exploring Stage 1 - Breathing on the Floor

Everyone is muted, but they can hear you and you can see them.

- We're going to begin by focusing on Stage 1, creating the air, or breathing. Great vocal sound begins with great breath control.
- Ask the students to find a place on the floor where they can lie down on their backs comfortably.
- Tell them to relax their shoulders and head, and to take deep breaths.
- What part of your body moves when you take a deep breath? The belly! That muscle directly below your rib cage that is expanding in and out is called the "diaphragm." When singing correctly air should always be coming from your diaphragm. It should constantly be expanding and compressing.
- Have them take a deep breath and let out an "Oooooooh" from high to low. They should feel their diaphragm getting smaller as they let out the sound.
- Now have them try the same thing without moving their bellies. Notice the change in sound quality? Notice the strain in your throat? This is the incorrect way to sing. This is how you end up losing your voice!

VOCAL WARMUP: Ready to Sing!

- Tell the class to take a seat. We're now going to further warm up our voices.
 - Explain proper singing position: Sitting at the edge of the seat, with their back up straight. Have everyone give it a try. Tell them from now on whenever you call out "Ready to Sing!" this is the position they should take.
- Make a quick game out of this: Tell the class to sit like they are lazy on the couch at home watching TV. Then say "Ready to Sing!" and watch as they pop up into position. Repeat a few times between "lazy on the couch" "or couch potato" and then "Ready to Sing!"
- Compliment them on how professional they look!
- Instruct the class: When I say "go", using the sound "Ahh", I want you to sing from your highest note all the way down to your lowest note in 10 seconds. Ready...go! Do it with