

Friday, December 22, 2023
The 77th Midwest Clinic

Skills and Pathways

Ten Performance Skills and Three Learning
Pathways

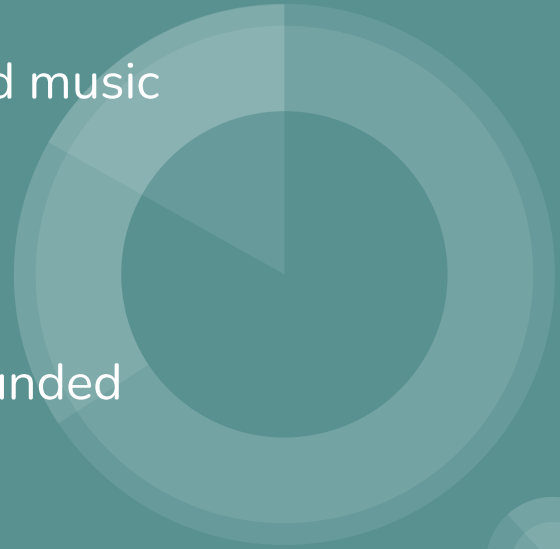
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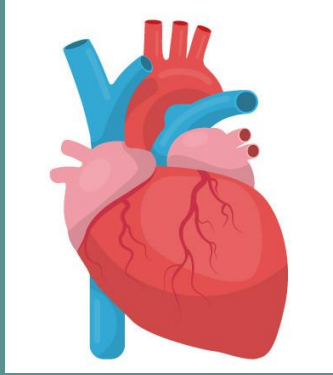


Connections between physical wellness and music

As a competitive athlete I work to be well-rounded

To develop the skills of a well-rounded athlete I train 10
physical skills

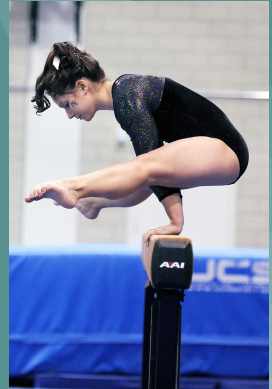




coordination

Agility

Accuracy



10 Skills for String Development



Digital Dexterity

Left and Right Hand - Develop the movement in the right and left hand and fingers



Balance

Full body balance -

- Balance of the instrument on shoulder
- Bow hold and placement
- Elbow Placement
- Weight of the right and left arm
- Posture both sitting and standing
- Spine alignment

Gross Motor Skill

Large muscle movement and the coordination of movements

- Bow arm
- Shifting
- Vibrato
- Movement in musical expression



Aural Skills

Producing accurate pitches vocally and associating this with accurate pitches from the

- Instrument,
- Hearing progressions
- identification of intervals



Horizontal and Vertical Awareness

Right and left side of the body



Muscular Stamina

The stamina to maintain proper instrument position for significant duration of time

Beginning students the development of stamina to support proper instrument position and bow hold

Building up this stamina to avoid burnout or injury



Mental Stamina



Partnered with muscular stamina

- Strengthening the ability to focus through instruction and performance

Accuracy

Left hand finger accuracy
Right arm articulation
Rhythmic accuracy, right and left
Stylistic accuracy



Literacy

Theory literacy
Historical literacy



Memory

Strengthening memorization
Lengthening of memory potential
Ensemble awareness
Performance memory





https://docs.google.com/spreadsheets/d/169vGU9XvyPAfBncgqsntRDINtr06fPFg5WMxYj_0xQ/edit?usp=sharing

Three Metabolic Pathways

Phosphagen
Glycolytic
Oxidative





Phosphagen system

Sprinter

8-10 seconds (100 m)



Glycogen-lactic acid system

Swimmer

1.3-1.6 minutes (400 m)



Aerobic respiration

Marathon runner

Unlimited time (15 Km)

Short High Powered Activities

Very isolated movements

- Isolated Shifts
- Bursts of small muscle right hand technique
- Quick rhythmic patterns
- Start or ends of phrases

Moderate Powered Activities

Compound movements or full movements

- Scales
- Full bow strokes
- Musical phrases
- Larger shifting patterns

Low Powered Activities

- Larger sections of a work
- Landscape of a piece
- Tone Quality
- Phrasing
- Context
- Musicality
- Endurance (fast technical or slow expressive)





https://docs.google.com/spreadsheets/d/1Y1oL0KGX9mBFITCDQDxVxlb4YIzH-2zBktKM_JbyZoc/edit?usp=sharing