

# Prairie Winds Orff at NDMEA

## Session 1: Speech! Movement! Body Percussion!

Presented by Christine Ballenger, Joan Eckroth-Riley, Gwen Hall,  
Taylor Heinzen, and Jennifer Russell

A note on the notes: While we try to give you enough information to successfully implement these ideas, please realize the actual experience of the sessions could be different than what you see below. That's the beauty of Orff Schulwerk in action! You are encouraged to adapt your plans based on the experiences of the students.

### 1. Greetings, My Friends!

Adapted by Christine Ballenger, learned from Joyce Stephansky

*Greetings, my friends!  
I'm glad you're here today.  
I hope that you're ready,  
To sing and dance and play!*

- a. Begin by speaking poem rhythmically and expressively. Add in stepping to the beat. Enhance the movement experience through exploring the following elements:

Locomotor vs. Non-Locomotor motions- walk, skip, hop vs. bounce, sway, bend

Pathways- your own private side walk, curves, straight lines, zig-zag, etc.

Levels- up high, in the middle, down low

Shapes- think angles, curves, expand, contract, open, closed

Connection- literal touch and connect to another person or thing or self

- b. Creating "B" sections

With the person you connected to, decide who is person 1 and person 2. Person 1 claps a four beat rhythmic pattern, person 2 echoes it. Switch & repeat as needed. NEXT LEVEL: Person 1 claps a four beat rhythmic pattern, person 2 has to respond with something different! (Question/Answer improvisation). Add the poem back in, deciding with your partner how to move away and then back together during the poem, to be ready for Q/A improvisation at the end of the poem.

### 2. Body Percussion

Echo small chunks at a time. When secure, teacher will make a "small change" to what we are performing. Once all "small changes" are made, we are performing body percussion piece no. 69 from *Rhythmische Übung*. This piece will come back later!!



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## 3. "Rocky Mountain"

**Rocky Mountain** American Folk Song

Rock y moun tain rock y moun tain, rock y moun tain high! When you're on that  
Sun ny val ley sun ny val ley sun ny val ley low! When you're in that  
Storm y o cean storm y o cean, storm y o cean wide. When you're on that

6  
rock y moun tain hang your head and cry! Do do do do do re mem ber me, do do  
sun ny val ley, sing it soft and slow.  
deep blue sea, there's no place you can hide.

14  
do do do re mem ber me!

## 4. Using folk songs to create something new-

Remember that Body Percussion piece from earlier? Let's add words now! Use one of the verses from "Rocky Mountain" and the rhythm from the body percussion piece to compose your own words to go with the BP piece. (Rhythm written on previous page). Here's our example!

Climb that mountain high, climb that mountain high, just keep going, just keep going, just keep going 'til you get there. Climb that mountain high, climb that mountain high, just keep going, just keep going, just keep going, now we're here!

Groups will share! Need more to do? Add movement! Add unpitched percussion! Add BOTH!

## 5. Piecing it all together-

"Rocky Mountain" as a folk dance. Dance directions:

- Form a long-ways set
- MM. 1-2, step forward, together, clap own hands, clap partner's hands
- MM. 3-4, step backward, together, clap, clap
- MM. 5-8, repeat previous two steps
- MM. 9-12, side-close, two steps right, side-close, two steps left
- MM. 13-16, do-si-do with your partner, passing right shoulders, back to step 1!

To create a performance, sing verse one and dance, and in between the song and dance, share your group's created chants, creating a Rondo. A- "Rocky Mountain, other sections create the B, C, D, etc. ABACADA

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### Want to learn more? Here's how!

- Visit our booth in the exhibit hall!
- Attend Prairie Winds Orff workshops and chapter shares! You do not need to be a member to attend!\*

Spring Chapter Workshop with Paul Cribari

April 7, 2018, 9 am – 4 pm, Red Trail Elementary, Mandan

Chapter Share

April 28, 2018, 10 am – 1 pm, Hoeven Elementary, Minot

Fall Chapter Workshop with Paul Weller

October 6, 2018, 9 am – 4 pm, Bismarck/Mandan Elementary TBA

\*Chapter membership does include all workshop registration costs (instead of paying per workshop at a higher rate), as well as opportunities to earn scholarships and continuing education credits.

- Attend Orff Level I at the University of Mary in Bismarck!  
Weekdays, June 4-15, 2018  
Visit <https://www.prairiewindsorff.com/umary-orff-levels.html> for more details
- Visit our website for more information: [www.prairiewindsorff.com](http://www.prairiewindsorff.com)
- Visit the American Orff-Schulwerk Association's website: [www.aosa.org](http://www.aosa.org)