BOUNCE HIGH

TABLE OF CONTENTS

Vocal Warm-up

Instrument Warm-up

Sing and Play

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VOCAL WARMUP

Follow the beach ball using your singing voice.



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VOCAL WARMUP

Follow the tennis ball using your singing voice.



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VOCAL WARMUP

Follow the basketball using your singing voice.

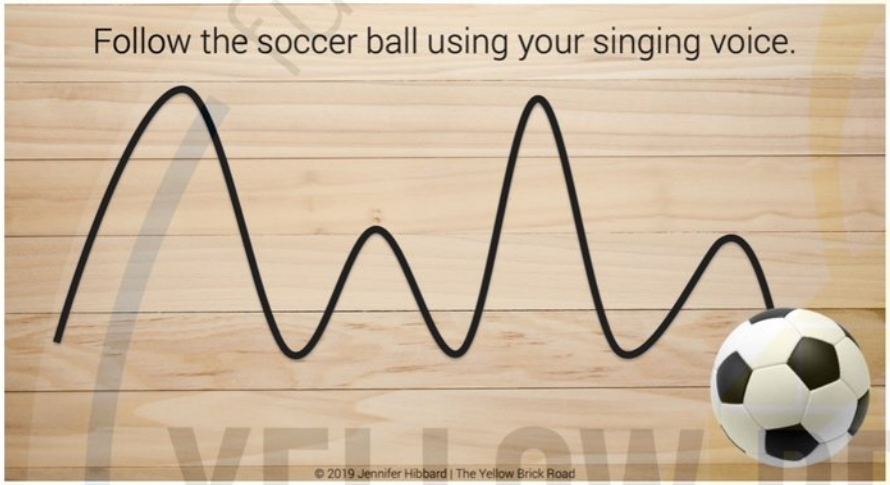


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VOCAL WARMUP

Follow the soccer ball using your singing voice.



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VOCAL WARMUP

Follow the baseball using your singing voice.



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VOCAL WARMUP

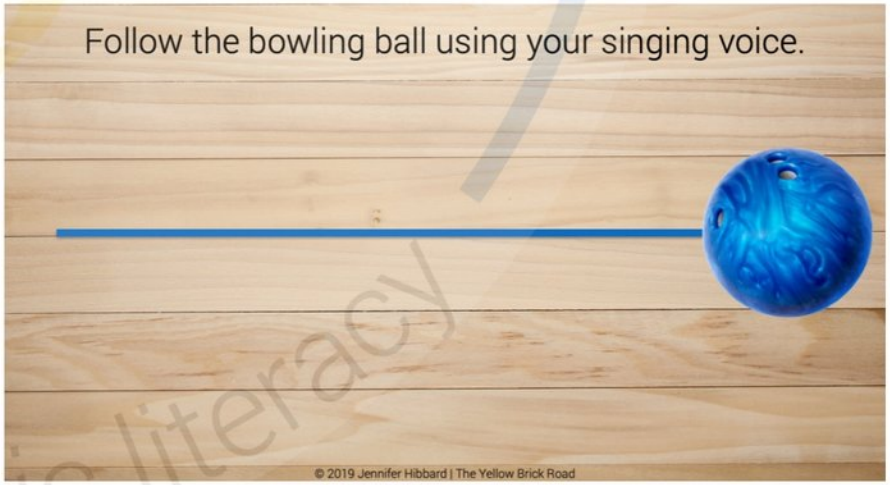
Follow the dodgeball using your singing voice.



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VOCAL WARMUP

Follow the bowling ball using your singing voice.



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VOCAL WARMUP

Follow the golf ball using your singing voice.



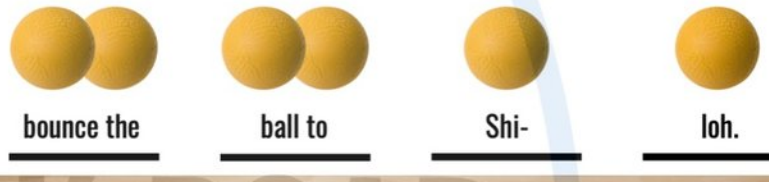
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BOUNCE HIGH

Follow the dodgeballs to speak the rhythm of this song.



Bounce high, bounce low,

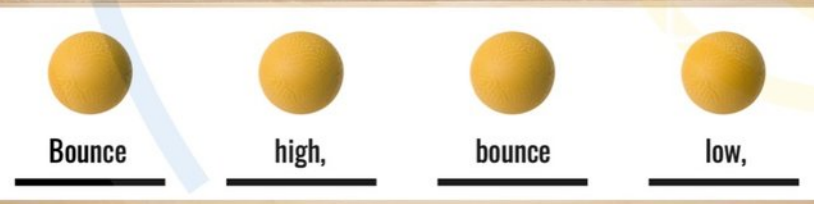


bounce the ball to Shi- loh.

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BOUNCE HIGH

Follow the dodgeballs to pat, clap, or tap the rhythm of this song.



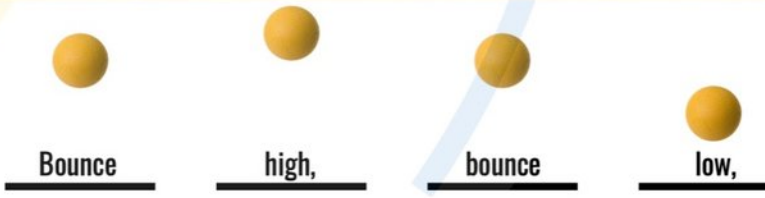
Bounce high, bounce low,

bounce the ball to Shi- loh.

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BOUNCE HIGH

Follow the dodgeballs to sing this song.



Bounce high, bounce low,

bounce the ball to Shi- loh.

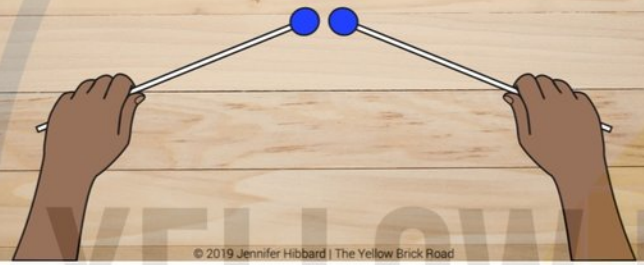
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INSTRUMENT WARMUP

Grip the mallets as shown in the image below.

- ✓ Grip the handle between your thumb and pointer finger
- ✓ Loosely curl your other fingers around the handle
- ✓ Keep the back of your hand facing upward, with palms down



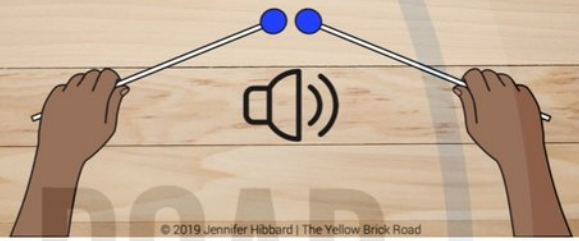
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INSTRUMENT WARMUP

Lightly bounce your mallets on a hard surface to the steady beat.

Try alternating your hands by bouncing your right mallet first,

then your left mallet, and continue to repeat.



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INSTRUMENT WARMUP

Try bouncing your mallets to the steady beat from *Bounce High*.

Bounce	high,	bounce	low,
bounce the	ball to	Shi-	loh.

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INSTRUMENT WARMUP

Try bouncing your mallets to the rhythm from *Bounce High*.

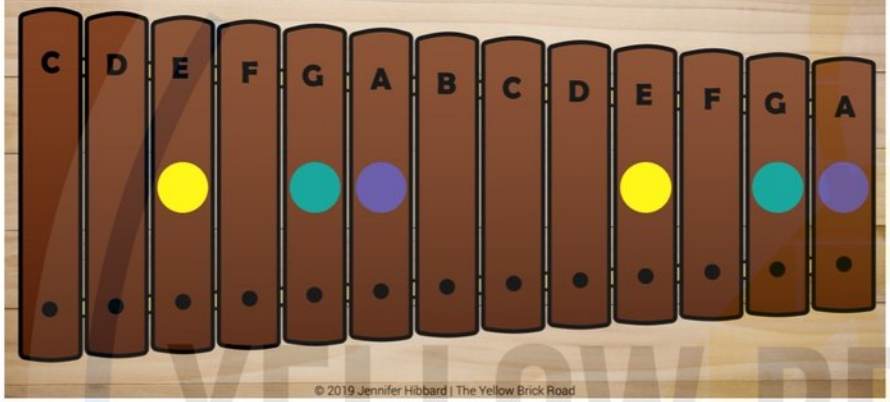
Bounce	high,	bounce	low,
bounce the	ball to	Shi-	loh.

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BAR SETUP

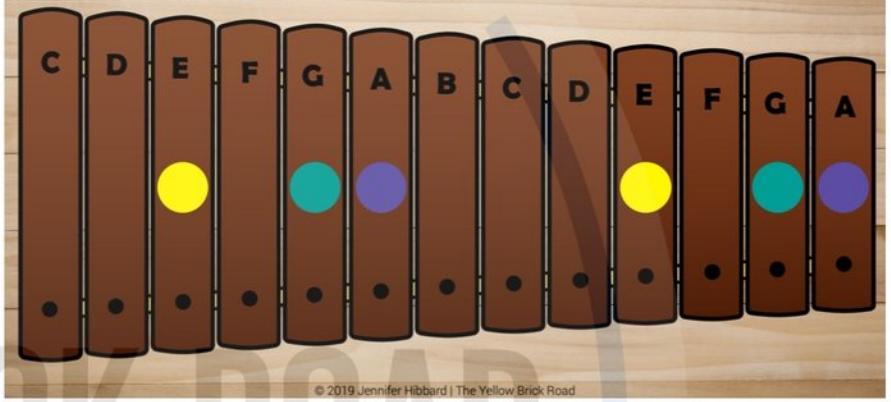
The colored dots show which bars you can play for this song.



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TECHNIQUE

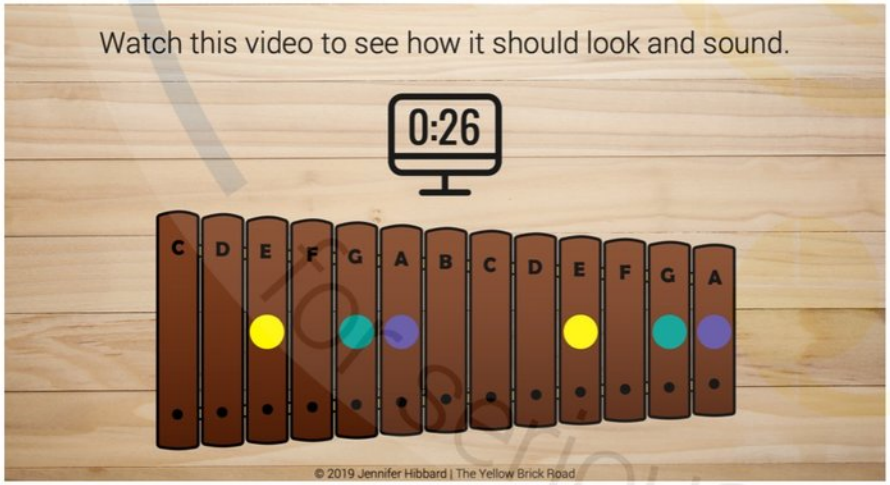
It's important that you bounce your mallets on the bars so that they produce a ringing sound, rather than a thud.



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TECHNIQUE

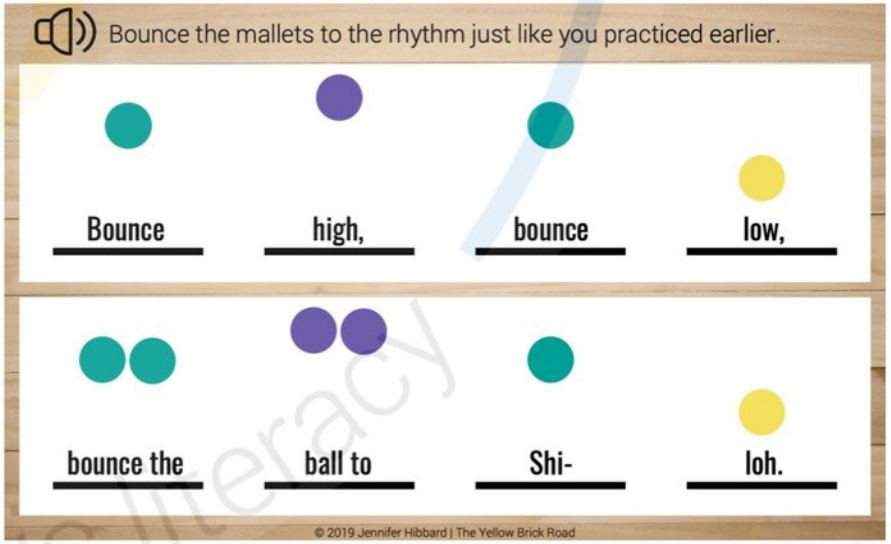
Watch this video to see how it should look and sound.



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PLAYING

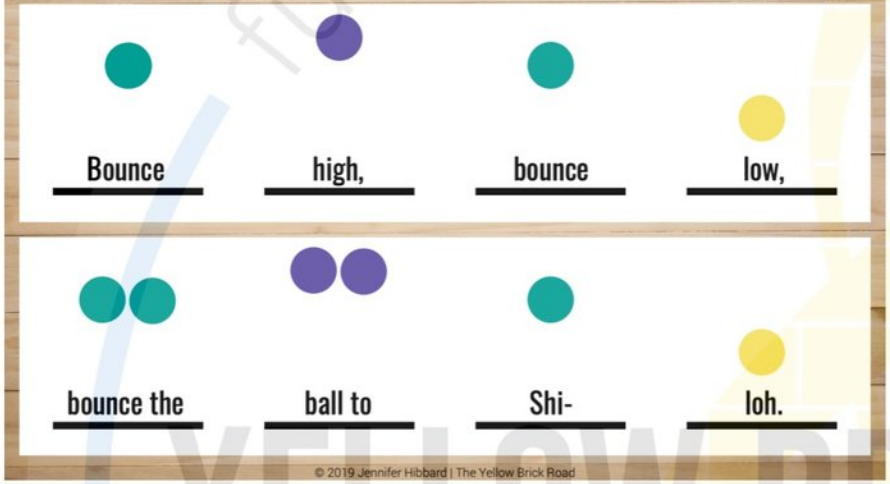
Bounce the mallets to the rhythm just like you practiced earlier.



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SINGING & PLAYING

Try singing along while you play.



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CHALLENGE

Try one of the following challenges.

- ♫ Try playing the song with another pitched instrument, such as pitched percussion tubes, recorders, or handchimes.
- ♫ Create an ensemble by breaking into three groups; one group will sing, another will play on pitched instruments, and another will play the rhythm on rhythm instruments.
- ♫ Compose your own piece, on your own or with partners, using the pitches and rhythms from *Bounce High*. Share the finished piece with your teacher or classmates.

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Bounce High



Bounce High

