

Warming Up

Follow the you tube link below and have fun with this song Mr Wiggly and Mr Waggly.

<https://youtu.be/uXzt0biU8wE>



Keeping Healthy.

Musicians often have to practice for long periods of time so they have to keep themselves healthy just likes sports people do otherwise they can injure themselves.

Can you think of any ways musicians might injure themselves when they are practicing or playing? Write them down in the box below.

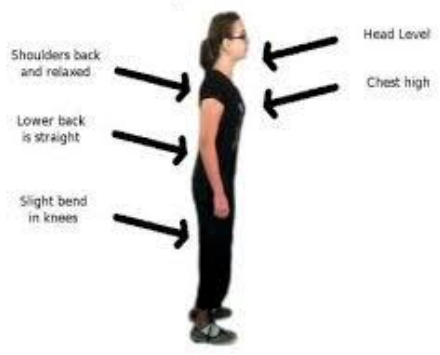
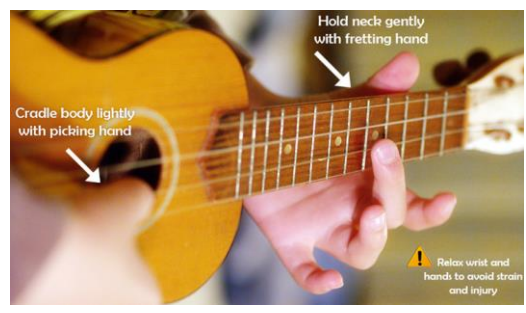
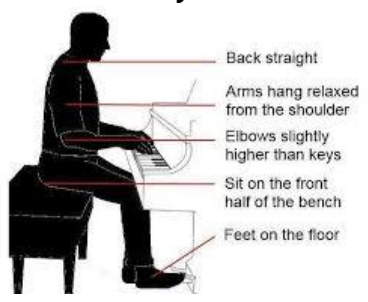


It is very important that all musicians do the following things:



- Sit or stand correctly (good posture) is very important for all musicians.
- Warm up - Not warming up can cause pain and damage - sometimes even permanent - to tissues and joints. If you want to be able to play your instrument (including the voice) well, you should always warm up first. Musicians use their muscles, tendons and nerves in ways not normally used in everyday life.

Here are some pictures that show how different types of musicians can stay healthy. Look at them carefully.



Explain some of the things a musician might do to take care of themselves and avoid injury?

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- Can you show a good posture for playing the ukulele even if it is an invisible one?
- What parts of your body do you think you should you warm up before you start to play?
- What warm ups could you do to make sure you are ready to play?

Now make a leaflet to give to another ukulele player that shows how they can stay fit and healthy when they play.