

CHORAL UNIT STANDARDS AND SUPPORT MATERIAL FOR PRIMARY SCHOOLS IN SOUTH AFRICA

by

UNITA LIBERTA WOLFF

Submitted in partial fulfilment of the requirements for the degree

Doctor Musicae

in the

Department of Music

School of the Arts

Faculty of Humanities

University of Pretoria

Promoter: Prof. Caroline van Niekerk

Co-Promoter: Prof. Heinrich van der Mescht

Pretoria

October 2001

© University of Pretoria



ABSTRACT

This thesis is divided into parts, the nature of which differs according to the target groups for which they were written. In Part I the author sets out to generate Choral Unit Standards and their associated Assessment Criteria for Choral Singing in the Primary School in South Africa. The requirement of unit standards by the South African Qualifications Authority, and South Africa's recent move to outcomes-based education, provided the impetus for the Music Education Unit Standards for Southern Africa (MEUSSA) team to design a General Music Appraisal Programme, as part of which this work was designed to function.

The implementation of this Choral Unit Standards framework should have the following positive results:

- Choristers can earn academic credit for their participation in choral singing, thereby gaining recognition and support for their significant and substantial involvement.
- Choral educators are given effective guidelines and assessment criteria which enable them to structure a comprehensive and creditable choral programme.
- Increased acknowledgement and enhanced perception of the choral programme as an important medium for promoting the educational process is inculcated.
- Greater accountability to stakeholders is established, thereby placing the choral fraternity in a more powerful position to compete for recognition, support, time and resources.
- A common foundation for all choirs is South Africa is promoted. The Choral Unit
 Standards apply across cultural groups within South Africa, as well as at every level of
 development, i.e. from the primary school right through to tertiary institutions.
- The children's choir is recognised as an instrument of aesthetic and artistic excellence.

Part II of the thesis comprises support/resource material required to effectively implement the Choral Unit Standards and thereby structure and direct an innovative and meaningful primary school choir. The support material has also been written for students at tertiary institutions studying choral methods and conducting. Both pre-service and in-service education and training of teachers would benefit from this thesis. In the present economic



climate, this resource material can be made available at a far more affordable price than imported books, and is also compiled for the specific South African circumstances.

KEYWORDS

Primary/elementary schools, children, choirs, support/resource materials, unit standards, MEUSSA (Music Education Unit Standards for Southern Africa), conducting, choral rehearsals, music education, South Africa.



DEDICATION

This thesis is dedicated to my children, Elise, Helmut (Jnr.) and Ludwig, and my grandchildren, Matthew and Bianca. They are my reason for living.



ACKNOWLEDGEMENTS

I would like to express my sincere gratitude to the following remarkable people for their various contributions:

- Professor Caroline van Niekerk, my supervisor, who has offered astute guidance, vast expertise, significant support and constant encouragement. Without her practical assistance and supervision this thesis would not have been possible;
- Professor Heinrich van der Mescht for his meticulously professional scrutiny and felicitous assistance with final editing and proof reading;
- Petro Grové who was an inspirational force. She put me back on track when I was about to give up on the task;
- Brian Mitchell and the Redhill School trust and executive for granting me sabbatical leave so that I could complete this thesis;
- Charles and David Coutts-Trotter for generously supplying me with computer hardware;
- Steve Williams who gave his time unstintingly to help me with the lay-out and formatting;
- My sisters, Petro, Annatjie, Leoné and Martelle, for their constant encouragement; and
- My husband, Helmut, for his boundless patience, help and vital support in this venture.

I also wish to thank the University of Pretoria for granting me the financial assistance to write this thesis.



NOTES TO THE READER

The reader will find that the language use varies in different parts of the thesis. This is as a result of the different target groups that are being addressed, namely:

- The academic institution that requires formal use of language, which is implemented mainly in the "Research Outline" (Part I, Chapter 1);
- The South African Qualifications Authority (SAQA) that specifies terminology
 according to their guidelines, which is evident in "Generating Choral Unit Standards"
 (Part I, Chapter 3); and
- The ordinary teacher in the primary school who requires language use that is accessible, as in "Support Material for the Choral Educator in the Primary School" (Part II).

Furthermore, references are largely omitted in **Part II**, Support Material for the Choral Educator in the Primary School. This is not because this section is not based on wideranging literature study, in addition to personal experience. It is rather because this support material is for the ordinary teacher and it was deemed more user-friendly to omit numerous references, which would only interrupt the flow of information for such a reader, in contrast to academics who would require these references.

The thesis is divided into three parts. These parts are indicated by bold Roman numerals, with the chapter and page number in Arabic numerals (not in bold), e.g. **Part I** 3-6, refers to part one, chapter three, page number six. Likewise, figure **II** - 3-1, refers to the figure in part two, chapter three, figure number one.

The photographs used in **Part II**, Chapter 6, "Vocal Pedagogy and Musicianship Skills", are all of choristers from the Redhill Preparatory School choir in Sandton, where the author teaches. Two sets of photographs are supplied as an illustration of the basic/pure Italian vowel sounds. (Refer to figures II - 6-15a to II - 6-15e.) This is because mouth shapes differ and the reader is thus given a more representative example than would be the case with only one set of photographs.



Throughout the thesis, middle $C = c^1$ and the c an octave higher would be c^2 . The b that lies a semi-tone below middle c, would have no superscript number after it.

The International Phonetic Alphabet (IPA) symbols are given in square brackets, the equivalent letter in inverted commas, and a simplified version of phonetic spelling in ordinary curved brackets, e.g. [ϵ] "e" (eh). Although the International Phonetic Alphabet offers symbols for exact sounds in all languages, a simplified version of phonetic spelling (in curved brackets) and English equivalents are supplied because this may be deemed more user-friendly for the average choral teacher in the primary school. Throughout this thesis the long vowel sounds are used for [α], [α] and [α]. The short vowel sound is used for [α].

A general music glossary is not supplied in this thesis. Should readers require definitions and explanations of music terms that are not provided, they can consult the following books, the details of which are provided in the Sources:

- Decker, H.A. & Kirk, C. J. Choral Conducting: Focus on Communication (1988)
- Ehmann, W. & Haasemann, F. Voice Building for Choirs, Revised edition (1981)
- Hausmann, C.S. et al World of Choral Music (1988)
- MENC Teaching Choral Music: a Course of Study (1991)
- Rao, D. We Will Sing! (1993)

Although the author of this thesis criticises choral handbooks which lack back-of-book indexes, this thesis itself does not include such an index. The nature of theses and books differs, and this thesis does make use of substantial cross-referencing. If, as the author intends, **Part II** of this thesis is published, so as to make the material readily available for South African teachers, at that point an extensive back-of-book index will be added.

This thesis addresses Unit Standards in Choral Singing which are closely related to the General Music Appraisal Programme (GMAP). It is therefore suggested that readers familiarise themselves with the core structure of the GMAP. (Refer to the Appendix.)



TABLE OF CONTENTS

| ABSTRACT | i |
|------------------------------------|-------|
| DEDICATION | iii |
| ACKNOWLEDGEMENTS | iv |
| NOTES TO THE READER | v |
| TABLE OF CONTENTS | vii |
| LIST OF FIGURES | xiv |
| LIST OF EXAMPLES | xviii |
| LIST OF TABLES | xx |
| LIST OF FORMS | xxi |
| LIST OF ACRONYMS AND ABBREVIATIONS | xxii |
| | |

PART I

Academic Foundation and Unit Standards for Choral Work in the Primary School

| Chapter | 1 RESEARCH OUTLINE | Part I | 1-1 |
|---------|---------------------------------------|--------|------|
| 1.1 | Background Information | Part I | 1-1 |
| 1.2 | Personal Motivation | Part I | 1-3 |
| 1.3 | Research Question | Part I | 1-3 |
| 1.4 | Purpose of the Study | Part I | 1-4 |
| 1.5 | The South African Cost Factor | Part I | 1-4 |
| 1.6 | The General Music Appraisal Programme | Part I | 1-6 |
| 1.7 | Delimitations of the Study | Part I | 1-9 |
| 1.8 | Target Groups | Part I | 1-10 |
| 1.9 | Research Methodology | Part I | 1-11 |
| 1.10 | Layout of the Thesis | Part I | 1-12 |



Chapter 2 REVIEW OF CHORAL TRAINING, AND THE DEVELOPMENT OF Part I 2-1 CHILDREN'S CHOIRS IN THE SECOND HALF OF THE 20thCENTURY

| 2.1 | Choral | Directing Books Specifically Aimed at the Primary School Level | Part I | 2-1 |
|-----|--------|--|--------|------|
| | 2.1.1 | Lifeline for Children's Choir Directors by Jean Ashworth Bartle (1988) | Part I | 2-2 |
| | 2.1.2 | Directing the Children's Choir by Shirley W. McRae (1991) | Part I | 2-3 |
| | 2.1.3 | Teaching Kids to Sing by Kenneth H. Phillips (1992) | Part I | 2-4 |
| | 2.1.4 | Teaching the Elementary School Chorus by Linda Swears (1985) | Part I | 2-5 |
| 2.2 | Books | on Choral Directing Aimed at Secondary and Tertiary Levels | Part I | 2-6 |
| | 2.2.1 | Kick-Start Your Choir by Mike Brewer (1997) | Part I | 2-7 |
| | 2.2.2 | Choral Music: Methods and Materials by Barbara A. Brinson (1996) | Part I | 2-8 |
| | 2.2.3 | Choral Conducting: Focus on Communication by Harold A. Decker and Colleen J. Kirk (1988) | Part I | 2-9 |
| | 2.2.4 | Conducting Choral Music by Robert L. Garretson, 7 th Edition (1993) | Part I | 2-10 |
| | 2.2.5 | Choral Director's Rehearsal and Performance Guide by Lewis Gordon (1989) | Part I | 2-11 |
| | 2.2.6 | Group Vocal Technique by Frauke Haasemann and James M. Jordan (1991) | Part I | 2-11 |
| | 2.2.7 | "Die Groot Afrikaanse Koorleiersgids" edited by Salóme Hendrikse (1991) | Part I | 2-12 |
| | 2.2.8 | Comprehensive Choral Music Education by John B. Hylton (1995) | Part I | 2-12 |
| | 2.2.9 | We Will Sing! by Doreen Rao (1993) | Part I | 2-13 |
| | 2.2.10 | Choral Music Education by Paul F. Roe (1970) | Part I | 2-14 |
| 2.3 | | ary of Trends in Choral Music Education and a Brief History of Children's in the Second Half of the 20 th Century | Part I | 2-15 |
| | 2.3.1 | Children's Singing and Vocal Pedagogy | Part I | 2-15 |
| | 2.3.2 | Male Vocal Modelling with Children | Part I | 2-19 |
| | 2.3.3 | Choral Educator Competencies and Behaviours, Teaching Style and | Part I | 2-20 |
| | | Methods, and Rehearsal Techniques | | |
| | 2.3.4 | Recruiting Choristers | Part I | 2-23 |
| | 2.3.5 | The Mixed-Gender Children's Choir | Part I | 2-24 |



| | 2.3.5.1 The Scandinavian Mixed-Gender Children's Choir | Part I 2-24 |
|---------|---|--------------------|
| | 2.3.5.2 The American Mixed-Gender Children's Choir | Part I 2-27 |
| | 2.3.5.3 The English Mixed-Gender Children's Choir | Part I 2-31 |
| | 2.3.5.4 The South African Mixed-Gender Children's Choir | Part I 2-32 |
| | 2.3.6 Philip McLachlan's Influence on Choral Singing in South Africa in the | Part I 2-33 |
| | Second Half of the 20 th Century | |
| Chapter | 3 GENERATING CHORAL UNIT STANDARDS | Part I 3-1 |
| 3.1 | Introduction | Part I 3-1 |
| 3.2 | Choral Unit Standard: Intonation | Part I 3-3 |
| 3.3 | Choral Unit Standard: Phrasing | Part I 3-12 |
| 3.4 | Choral Unit Standard: Diction | Part I 3-16 |
| 3.5 | Choral Unit Standard: Voice/Tone Production | Part I 3-25 |
| 3.6 | Choral Unit Standard: Balance & Blend | Part I 3-32 |
| 3.7 | Choral Unit Standard: Stylistic Authenticity | Part I 3-37 |
| 3.8 | Choral Unit Standard: Expression | Part I 3-41 |
| 3.9 | Choral Unit Standard: Timing | Part I 3-47 |
| 3.10 | Choral Unit Standard: Critical Evaluation | Part I 3-53 |
| Chapter | 4 ASSESSMENT OF CHORISTERS AND CRITICAL CROSS-FIELD LINKAGES/ARTICULATION POSSIBILITIES | Part I 4-1 |
| 4.1 | Assessment of Choristers | Part I 4-1 |
| 4.2 | Critical Cross-Field Linkages/Articulation Possibilities | Part I 4-5 |

PART II

Support Material for the Choral Educator in the Primary School

INTRODUCTION Part II Intro-



| Chapter | 1 STARTING A CHOIR | Part II | 1-1 |
|---------|--|---------|------|
| 1.1 | The Rationale for Choral Singing | Part II | 1-1 |
| | 1.1.1 Musical Benefits | Part II | 1-1 |
| | 1.1.2 Non-Musical Benefits | Part II | 1-3 |
| 1.2 | What Skills do I need to be an Effective Choral Educator? | Part II | 1-6 |
| | 1.2.1 Musical Skills | Part II | 1-6 |
| | 1.2.2 Non-Musical Skills | Part II | 1-8 |
| 1.3 | Membership of the South African Choral Society | Part II | 1-10 |
| 1.4 | Who will Sing in the Choir and how Large should the Choir be? | Part II | 1-11 |
| 1.5 | Financial Budget | Part II | 1-12 |
| 1.6 | Consultation with the School Principal and other Staff Members | Part II | 1-14 |
| 1.7 | Rehearsal Time, Venue and Equipment | Part II | 1-15 |
| 1.8 | Gaining Support and Public Relations | Part II | 1-16 |
| Chapter | 2 PLANNING AND ORGANISATION | Part II | 2-1 |
| 2.1 | Recruitment and Retention of Choristers | Part II | 2-1 |
| 2.2 | Development of the Child Voice | Part II | 2-2 |
| 2.3 | The Changing Voice | Part II | 2-4 |
| 2.4 | Auditions | Part II | 2-5 |
| 2.5 | Selecting Appropriate Repertoire | Part II | 2-16 |
| 2.6 | Involving Parents | Part II | 2-22 |
| 2.7 | Planning Performances | Part II | 2-26 |
| Chapter | 3 PRE-REHEARSAL AND NON-VOCAL REHEARSAL PROCEDURES | Part II | 3-1 |
| 3.1 | Preparing for Rehearsal | Part II | 3-1 |
| 3.2 | Score Study | Part II | 3-1 |
| 3.3 | Attendance Record and Award System | Part II | 3-4 |
| 3.4 | Creating an Environment Conducive to Music Making | Part II | 3-5 |
| 3.5 | Humour in the Rehearsal | Part II | 3-6 |
| 3.6 | Pace of Rehearsal | Part II | 3-6 |



| 3.7 | Movement | Part II 3-8 |
|---------|--|---------------------|
| 3.8 | Motivating the Choristers | Part II 3-11 |
| 3.9 | Seating/Standing Arrangement and Placement of Voices | Part II 3-13 |
| 3.10 | Routine Rehearsal Plan | Part II 3-18 |
| 3.11 | Behaviour Management in Rehearsal | Part II 3-19 |
| 3.12 | Audio and Video Aids | Part II 3-19 |
| 3.13 | Use of the Piano | Part II 3-20 |
| 3.14 | Accompaniment and the Role of the Accompanist | Part II 3-21 |
| 3.15 | Guidelines for Dismissal from the Choir | Part II 3-23 |
| Chapter | 4 REHEARSING THE CHOIR | Part II 4-1 |
| 4.1 | The Choral Teacher's Voice as a Role Model | Part II 4-1 |
| 4.2 | Intonation | Part II 4-2 |
| 4.3 | Unison and Part Singing | Part II 4-6 |
| 4.4 | Presenting New Repertoire | Part II 4-8 |
| | 4.4.1 Song Acquisition | Part II 4-9 |
| | 4.4.2 Expression of Text | Part II 4-11 |
| | 4.4.3 The Musical Phrase | Part II 4-12 |
| | 4.4.4 Rhythm and Pitch | Part II 4-16 |
| 4.5 | Polishing and Interpreting Music | Part II 4-17 |
| 4.6 | Memorising the Music | Part II 4-19 |
| 4.7 | Mouthing the Words | Part II 4-20 |
| 4.8 | Balance and Blend | Part II 4-20 |
| 4.9 | Historical/Stylistic Guidelines and Cultural Context | Part II 4-21 |
| Chapter | 5 DEVELOPING CONDUCTING SKILLS | Part II 5-1 |
| 5.1 | Body Posture of the Conductor | Part II 5-1 |
| 5.2 | Clear Conducting Gestures | Part II 5-3 |
| 5.3 | Conducting with/without a Baton | Part II 5-4 |
| 5.4 | Standard/Basic Conducting Patterns | Part II 5-5 |
| 5.5 | Height Level and Size of the Conducting Movements | Part II 5-11 |



| 5.6 | Using the Left Hand for Cueing and Interpretation | Part II 5-12 |
|---------|---|---------------------|
| 5.7 | The Preparatory Beat | Part II 5-13 |
| 5.8 | Attacks and Releases | Part II 5-15 |
| 5.9 | Rehearsal and Performance Gestures Differ | Part II 5-17 |
| 5.10 | Fermatas | Part II 5-17 |
| 5.11 | Getting Children to Watch the Conductor | Part II 5-18 |
| Chapter | 6 VOCAL PEDAGOGY AND MUSICIANSHIP SKILLS | Part II 6-1 |
| 6.1 | The Vocal Instrument | Part II 6-1 |
| 6.2 | Choral Tone Quality | Part II 6-4 |
| 6.3 | Correct Singing Posture | Part II 6-6 |
| 6.4 | Breath Management | Part II 6-11 |
| | 6.4.1 Deep and Full Diaphragmatic-Abdominal Breathing | Part II 6-12 |
| | 6.4.2 Catch (or Snatch) Breathing | Part II 6-14 |
| | 6.4.3 Staggered Breathing | Part II 6-15 |
| 6.5 | Resonance | Part II 6-15 |
| 6.6 | Children's Vocal Ranges and Registers | Part II 6-20 |
| 6.7 | The Importance of Head Voice | Part II 6-21 |
| 6.8 | Italian Basic Pure Vowels, Uniform Vowel Colours and Vowel Modification | Part II 6-22 |
| 6.9 | Diction | Part II 6-31 |
| | 6.9.1 Pronunciation | Part II 6-31 |
| | 6.9.2 Enunciation of Vowels and Articulation of Consonants | Part II 6-31 |
| | 6.9.3 Clear Articulation of Consonants | Part II 6-32 |
| | 6.9.4 Voiceless and Voiced Consonants | Part II 6-34 |
| | 6.9.5 Diphthongs and Triphthongs | Part II 6-35 |
| 6.10 | Agility and Flexibility | Part II 6-36 |
| 6.11 | Use of Vocalises | Part II 6-36 |
| 6.12 | Use of Imagery | Part II 6-40 |
| 6.13 | Maintaining Vocal Health | Part II 6-41 |
| 6.14 | Aural and Music-Reading Skills | Part II 6-43 |



| Chapter | 7 CONCERT PREPARATION | Part II 7-1 |
|---------|--|---------------------|
| 7.1 | Pre-Concert Rehearsals | Part II 7-1 |
| 7.2 | The Final Rehearsal | Part II 7-1 |
| 7.3 | Pre-Concert Activities | Part II 7-3 |
| 7.4 | Performance Attire | Part II 7-4 |
| 7.5 | Stage Deportment | Part II 7-4 |
| 7.6 | Placement of the Piano | Part II 7-6 |
| 7.7 | Acoustics | Part II 7-7 |
| 7.8 | Compiling a Programme | Part II 7-8 |
| 7.9 | Contests, Eisteddfodau and Festivals | Part II 7-10 |
| | PART THREE Conclusion | |
| Chapter | 1 CONCLUSIONS AND RECOMMENDATIONS | Part III 1-1 |
| 1.1 C | Conclusions | Part III 1-1 |
| 1.2 R | ecommendations | Part III 1-5 |
| Appendi | x: EMPOWERMENT THROUGH MUSIC EDUCATION: A GENERAL MUSIC APPRAISAL PROGRAMME (GMAP) FOR ALL LEARNERS IN SOUTH AFRICA by Petro Grové | Appendix 1 |

SOURCES

Sources 1



LIST OF FIGURES

PART I

Figure I - 1-1 Practical extension of the GMAP in choral singing (Grové 2001: Part I 1-8 5-8)

PART II

| Figure II - 3-1 | Formation for a treble choir with the smaller group in the middle and the bigger group (split up) on either side | Part II 3-15 |
|-------------------------|--|---------------------|
| Figure II - 3-2a | Formation for a treble choir singing in three parts, with a strong and secure soprano 2 section | Part II 3-16 |
| Figure II - 3-2b | Formation for a treble choir singing in four parts, with a strong and secure soprano 2 section | Part II 3-16 |
| Figure II - 3-3a | Formation for a treble choir singing in three parts, with a weaker and insecure soprano 2 section | Part II 3-17 |
| Figure II - 3-3b | Formation for a treble choir singing in four parts, with a weaker and insecure soprano 2 section | Part II 3-17 |
| Figure II - 3-4 | Alternative choir formation for a treble choir singing in four parts | Part II 3-17 |
| Figure II - 3-5 | Designating each chorister with a number in a particular row | Part II 3-18 |
| Figure II - 4-1 | Climax close to the beginning of the phrase: "Happy Birthday" | Part II 4-14 |



| Figure II - 4-2 | Climax more or less in the middle of the phrase: "Silent Night" | Part II | 4-15 |
|--------------------------|--|---------|------|
| Figure II - 4-3 | Climax near the end of the phrase: "South African National Anthem" | Part II | 4-15 |
| Figure II - 5-1a | Elbows too close to the body | Part II | 5-2 |
| Figure II - 5-1b | Elbows raised excessively high | Part II | 5-2 |
| Figure II - 5-1c | Shoulders relaxed and elbows raised slightly sideways | Part II | 5-3 |
| Figure II - 5-2 | Conducting a two-beat pattern (both hands) | Part II | 5-6 |
| Figure II - 5-3a | Conducting a three-beat pattern (right hand) | Part II | 5-6 |
| Figure II - 5 -3b | Conducting a three-beat pattern (left hand) | Part II | 5-7 |
| Figure II - 5-4a | Conducting a four-beat pattern (right hand) | Part II | 5-7 |
| Figure II - 5-4b | Conducting a four-beat pattern (left hand) | Part II | 5-8 |
| Figure II - 5-5a | Conducting a five-beat pattern (3+2) (both hands) | Part II | 5-8 |
| Figure II - 5-5b | Conducting a five-beat pattern (2+3) (both hands) | Part II | 5-9 |
| Figure II - 5-6 | Conducting a six-beat pattern (both hands) | Part II | 5-9 |
| Figure II - 5-7 | Conducting one beat per bar (right hand) | Part II | 5-10 |
| Figure II - 5-8a | Release signal for a voiceless consonant (right hand) | Part II | 5-16 |
| Figure II - 5-8b | Release signal for a voiced consonant (right hand) | Part II | 5-16 |



| Figure II - 6-1 | Vertical mouth position with the lips slightly flared (vocal "embouchure") | Part II | 6-1 |
|--------------------------|---|---------|------|
| Figure II - 6-2 | The vocal instrument | Part II | 6-2 |
| Figure II - 6-3 | Tongue resting lightly at the base of the lower front teeth | Part II | 6-3 |
| Figure II - 6-4 | Incorrect pulling back of the tongue | Part II | 6-4 |
| Figure II - 6-5 | Resonance areas | Part II | 6-6 |
| Figure II - 6-6 | Correct posture for singing when standing (front view) | Part II | 6-7 |
| Figure II - 6-7 | Correct posture for singing when standing (side view) | Part II | 6-8 |
| Figure II - 6-8 | Undesirable tension in the throat area, with the chin jutting out and up | Part II | 6-8 |
| Figure II - 6-9a | Correct posture for singing when sitting | Part II | 6-10 |
| Figure II - 6-9b | Slouching, incorrect posture for singing when sitting | Part II | 6-10 |
| Figure II - 6-10 | Position of the diaphragm when inhaling and exhaling | Part II | 6-12 |
| Figure II - 6-11a | Elastic band stretched vertically representing the dropped, relaxed jaw for tall vowel sounds | Part II | 6-19 |
| Figure II - 6-11b | Elastic band stretched horizontally, representing an incorrect "East-West" mouth position | Part II | 6-19 |
| Figure II - 6-12a | Horizontal, East-West, mouth position | Part II | 6-23 |



| Figure II - 6-12b | Vertical, North-South, mouth position | Part II | 6-23 |
|--------------------------|---|---------|------|
| Figure II - 6-13a | Index fingers gently at the corners of the mouth, promoting a vertical mouth position for tall vowels | Part II | 6-24 |
| Figure II - 6-13b | Two fingers on cheeks, promoting a vertical mouth position for tall vowels | Part II | 6-24 |
| Figure II - 6-13c | Fists on cheeks, promoting a vertical mouth position for tall vowels | Part II | 6-25 |
| Figure II - 6-13d | One hand, with fingers and thumb on either side of the mouth, promoting a vertical mouth position for tall vowels | Part II | 6-25 |
| Figure II - 6-14 | Dark to bright vowel sounds | Part II | 6-26 |
| Figure II - 6-15a | Mouth position for [u]"u" (00) | Part II | 6-27 |
| Figure II - 6-15b | Mouth position for [o] "o" (oh) | Part II | 6-28 |
| Figure II - 6-15c | Mouth position for [a] "a" (ah) | Part II | 6-28 |
| Figure II - 6-15d | Mouth position for $[\epsilon]$ "e" (eh) | Part II | 6-29 |
| Figure II - 6-15e | Mouth position for [i] "i" (ee) | Part II | 6-29 |
| Figure II - 7-1 | Placement of grand piano | Part II | 7-6 |
| Figure II - 7-2 | Placement of upright piano | Part II | 7-7 |



LIST OF EXAMPLES

PART II

| Example II - 2-1 | Happy Birthday | Part II 2-11 |
|--------------------------|---|--------------|
| Example II - 2-2 | Silent Night | Part II 2-12 |
| Example II - 2-3 | Are You Sleeping? (Brother John) | Part II 2-13 |
| Example II - 2-4 | Ascending scale passage with a second voice-part | Part II 2-13 |
| Example II - 2-5 | Patterns to assess melodic memory | Part II 2-14 |
| Example II - 2-6 | Patterns to assess rhythmic memory | Part II 2-14 |
| Example II - 2-7a | Descending arpeggios to determine the lower singing range extreme | Part II 2-15 |
| Example II - 2-7b | Arpeggios to determine the higher singing range extreme | Part II 2-15 |
| Example II - 2-8 | Vocal ranges | Part II 2-16 |
| Example II - 6-1 | Exercise to demonstrate how the jaw feels when it is operating correctly and how dramatically the tone improves | Part II 6-17 |
| Example II - 6-2a | Exercise promoting resonance (Gräbe 1999) | Part II 6-17 |
| Example II - 6-2b | Additional exercise for promoting resonance (Gräbe 1999) | Part II 6-18 |
| Example II - 6-3a | Exercise to extend and develop the range upward (1 st Ex.) | Part II 6-21 |



| Example II - 6-3b | Additional exercise to extend and develop the range upward (2 nd Ex.) | Part II | 6-21 |
|---------------------------|---|----------|------|
| Example II - 6-3c | Additional exercise to extend and develop the range upward (3 rd Ex.) | Part II(| 6-21 |
| Example II - 6-4 | Exercise to promote clear articulation of consonants | Part II | 6-33 |
| Example II - 6-5 | Final release of consonant at end of phrase | Part II(| 6-34 |
| Example II - 6-6a | Singing of initial voiced consonant | Part II | 6-34 |
| Example II - 6-6b | Scooping of initial voiced consonant | Part II | 6-34 |
| Example II - 6-7a | Exercise to focus on correct vocal embouchure | Part II | 6-38 |
| Example II - 6 -7b | Additional exercise to focus on correct vocal embouchure | Part II | 6-38 |
| Example II - 6-8a | Exercise to extend the range upward | Part II | 6-38 |
| Example II - 6-8b | Additional exercise to extend the range upward | Part II | 6-39 |
| Example II - 6-9 | Exercise to improve vocal agility and flexibility that are required for fast passages | Part II | 6-39 |
| Example II - 6-10a | Exercise to aid agility and loosen the tongue | Part II | 6-39 |
| Example II - 6-10b | Additional exercise to aid agility and loosen the tongue | Part II | 6-40 |



LIST OF TABLES

PART I

| Table I - 1-1a | Comparative price analysis of the book Teaching Kids to Sing by | Part I 1-5 |
|-----------------------|---|-------------------|
| | K.H. Phillips | |

Table I - 1-1b Comparative price analysis of the book *Teaching the Elementary* Part I 1-5

School Chorus by Linda Swears

Table I - 1-2 Components of the MEUSSA Model (Grové 2001: 3-11) Part I 1-7

PART II

Table II - 6-1 Italian basic pure vowels Part II 6-23



LIST OF FORMS

PART I

| Form I - 4-1 | Progress Assessment report | Part I 4-4 | |
|-----------------------|---------------------------------|-------------|----|
| | PART II | | |
| Form II - 2-1a | Choir Audition form (Section a) | Part II 2-9 |) |
| Form II - 2-1b | Choir Audition form (Section b) | Part II 2-1 | 0 |
| Form II - 2-2 | Letter to Parents | Part II 2-2 | 23 |



LIST OF ACRONYMS AND ABBREVIATIONS

ACDA American Choral Directors' Association (USA)

FET Further Education and Training

GET General Education and Training

GMAP General Music Appraisal Programme

HET Higher Education and Training

INSET In-Service Education and Training

IPA International Phonetic Alphabet

ISME International Society for Music Education

MENC Music Educators National Conference (USA)

MEUSSA Music Education Unit Standards for Southern Africa

NQF National Qualifications Framework

NSB National Standards Body

OBE Outcomes-Based Education

PRESET Pre-Service Education and Training

SACS South African Choral Society

SAMRO South African Music Rights Organisation

SAQA South African Qualifications Authority

SARRAL South African Recording Rights Association

SGB Standards Generating Body