

Music on Stage

A Program Plan

This section of the hotline is a guideline of how to run an introduction to music in theatre workshop for young adults.

This is a suggested outline for a 16-week program, run once each week for 3 hours. The intention behind this class will be an introduction to music on stage for young adults. At the conclusion of this program there will be a final performance of 3 group songs the class has worked on throughout the program. Our hope in putting this program on is to teach young adults the benefits of music in conjunction with theatre. While also teaching them confidence in singing and bringing a musical performance to the stage.

Exercise	Time Allotment	Exercise Description	Exercise Outcome
Fun Vocal Warm up – will vary week to week	30 minutes	This is an opportunity for the participants to warm up their vocal cords and get their awkwardness out of the way by doing fun warm up activities. These warmups will consist of scales, vocal progressions, and will vary each week to teach the participants new ways to warm up their voices.	The outcome of this is to ensure that no participant is hurting their vocal cords, just like our bodies need to be stretched before physical activity so too do our vocal cords. It is teaching a responsibility for self by keeping their assets safe and healthy.
Projection 101	30 minutes	This will be a progressive week by week exercise with a focus on projection. While performing the actors need to learn to project so the audience can hear them. The focus will be on learning to project while singing, and techniques to better support your body, and your voice.	The outcome of this exercise is to teach the participants how to make their voices be heard. It will also have aspects of annunciation, and the nuances of volume while singing. It is hoped that this will further teach confidence in the participants.
Moving and Singing	30 minutes	This exercise is focused on adding choreography into singing on stage. This will	The outcomes of this exercise are focused on real life theatre

		focus on breathing techniques while singing, and stamina both vocally and physically. Some exercises will focus on movement in general, while others will be more dance related.	experiences. Learning to sing and dance is hugely important and requires techniques to do well. It is also hoped that participants will be more rounded performers after this exercise.
Break	30 minutes	This will give the participants time to use the washroom, give their vocal cords a break, and get ready to learn and perform the final songs.	The outcome is to not burn out any performers. Teaching them to take responsibility over their body and how it feels, learning to listen to their body.
Song/ Choir Practice	60 minutes	This time will be allotted to practice the three chosen songs the group will perform at the end of the workshop. These songs will be chosen by the group themselves in week one. This time will be focused on learning, polishing, and performing the song incorporating all the elements from the above exercises.	The outcome of this is to work collaboratively towards a common goal. It is a hope that the participants will learn to work in a group, and how to successfully collaborate with others. It is also hoped that the participants gain confidence in their performance and singing.

If you are looking for specific resources on how to build your own programs, use these helpful links!

References

Beat by Beat Press. "Teaching Musical Theatre: 16 Lesson Plans for Instant Download," March 29, 2023. <https://bbbpress.com/product/teaching-musical-theatre/>.

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Lewis, Alexandra. "A Teacher's Guide to Musical Theatre," July 2019.

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