WB 08.06.20

**TASK: To create a warm-up that has a specific focus on one of the following technical skills**

Technical skills:

1. Accuracy
2. Fluency
3. Control

**It is important to warm up in preparation for any practice session/rehearsal, but why?**

For this part of your task, I would like you to research **why** it is so important to warm up before a practice session. It better prepares you for your performance, yes – very vague. There are lots of professionals that say this is important, and you will hear other people, even me, say that this is the case. I would like you to tell me why, using reliable sources to back up what you are saying.

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| It is important to warm-up because... |

**Warm up**

Your warm-up must include 3 warm up exercises, linked to improving your chosen technical skill (accuracy, fluency or control). If you have instrumental lessons you may find this task relatively easy because you do this all the time to begin your lessons. Some of you may need to do a little bit of research, maybe have a look on Youtube to get some ideas😊)

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| **Exercise 1** | **Exercise 2** | **Exercise 3** |

Now have a go 👍