Meredith: Connect it!
The facts: Scottish composer Anna Meredith wrote this piece especially for the Ten Pieces project. This project shows how to create your own piece in a similar style both on body percussion and on instruments.

Warm-up: Here are four patterns from Anna’s piece –

Teach these to the class and make a quick ‘Mexican wave’ around the circle moving from one pattern to the next.

Demonstrate: how you can split your name into different sounds (or syllables) and stretch them out to make new sounds. For example RACHEL might become “rrrrraaaaayyyyy!”

Then lead a simple name game. Ask everyone to say their name with a gesture and go around the circle hearing these. Next, ask everyone to say just a part of their name with a gesture and go around the circle hearing these.

The Task
Split into small working groups. Ask each group to make a piece using these name syllables and gestures. Explain that each group can do anything with the sounds and gestures: repeat them, layer them up, add rhythms, pulse, gaps, but that their pieces must be easy to remember and repeat.

This task is best done with energy. Encourage each group to work standing up in small circles saying their sounds LOUDLY!

Share and join
Hear each group and give positive feedback. Ask the class to structure these into one big vocal/body percussion/gestural piece.

Orchestration! Moving back to the Meredith piece, remind your class of the four sections you learnt as warm up. Challenge them to ‘orchestrate’ these ideas by playing them on instruments. You might find this more successful if you split to four groups and each one tackles one pattern. Try to get them to really match the instrument’s sound to Anna’s original body sounds.

Finishing off
Challenge the class to make one big piece out of everything they have worked on: the warm-up from the Meredith piece, their orchestration of this and their name-syllable pieces.