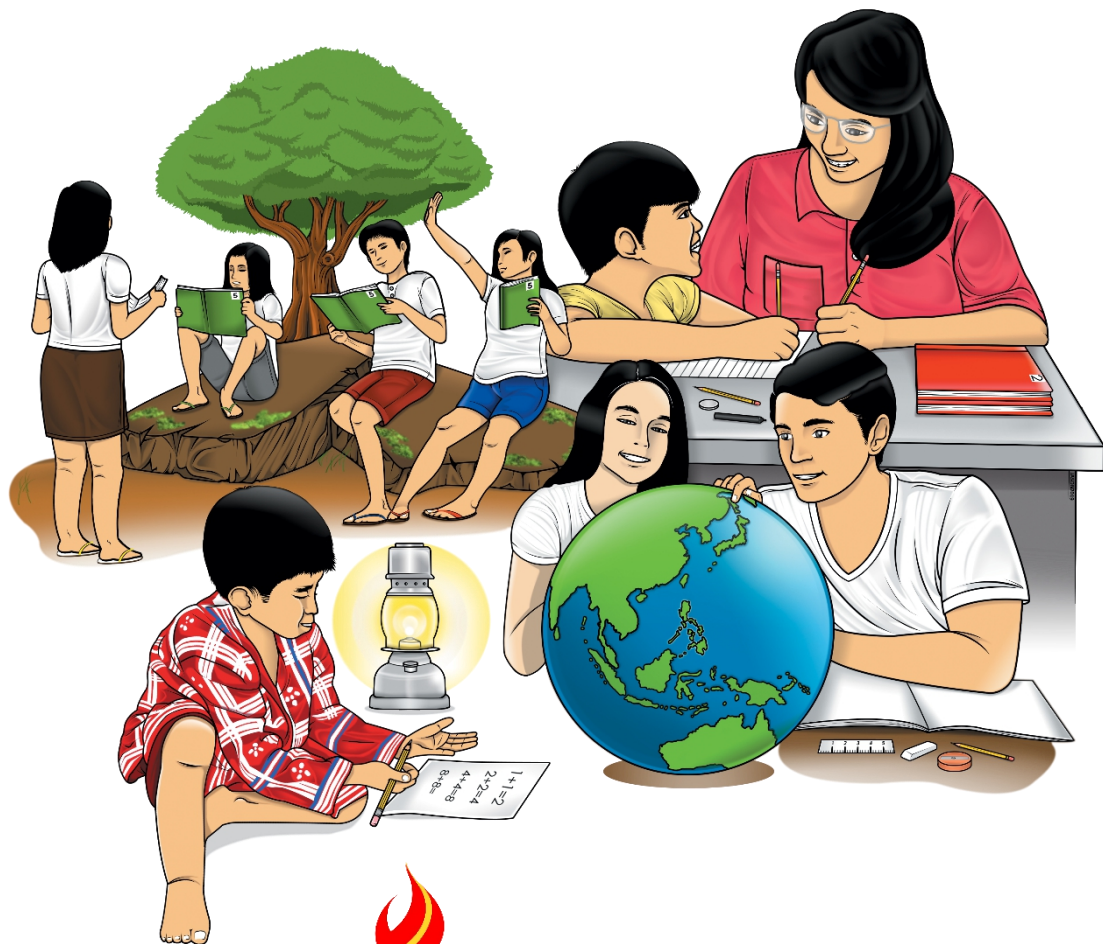


Music

Quarter 2 – Module 3:

Singing Self-composed Melodies



Music – Grade 6
Alternative Delivery Mode
Quarter 2– Module 3: Singing Self-Composed Melodies
First Edition, 2020

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6

Music
Quarter 2 – Module 3:
Singing Self-Composed
Melodies



Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text. Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module presents varied activities like performing, creating, reading, responding, and writing musical symbols. The aim of these activities is to inspire the learners to understand the concepts of melody in engaging fun and meaningful ways. These activities will also help the learners in developing their appreciation of music as a way of expressing themselves while developing their creativity. There are also group activities that will enhance their social skills and sense of responsibility.

The module has only one lesson with the title:

- Lesson 1: Singing Self-Composed Melodies **(MU6ME-IIa-5)**

After going through this module, you are expected to:

1. sing self-composed melodies in C Major, G Major, and F Major keys



What I Know

Directions: Read the items carefully. Choose the letter of the best answer. Write your answers on a separate sheet of paper.

1. Singing with the correct posture is one of the easiest ways to improve your singing voice. Why is it important in singing?
 - A. to help with your breathing
 - B. to communicate inward emotions to your audience
 - C. to produces a clear and smooth sound of the words
 - D. help prevent your vocal cords from becoming strained
2. When you stand during a singing performance, how should you position your feet?
 - A. feet slightly apart
 - B. feet close together
 - C. feet slightly lifted
 - D. one foot crossed over the other
3. Why should you straighten your back when singing?
 - A. It can affect your singing tone.
 - B. It helps you to breathe better.
 - C. It helps you to sing long phrases.
 - D. All the answers are correct.
4. How should the head be positioned when singing?
 - A. It should be lifted high.
 - B. It should be bowed down.
 - C. It should be head up and chin in.
 - D. It should be turned to the side during singing.
5. The following are ways to improve your singing voice EXCEPT for one. Which of the following is being referred to?
 - A. singing in correct tune
 - B. singing with proper breathing and posture
 - C. singing with correct diction and enunciation
 - D. singing with too many hand gestures and unnecessary facial expression
6. This voice exercise will help stretch your vocal cords and help relax your muscles before singing.

A. vocal warm-up	C. proper posture
B. hand exercise	D. breathing exercise
7. This can be acquired through constant oral reading and studying the correct pronunciation of vowels and consonants.

A. breathing	C. diction
B. good posture	D. dynamics

8. It is one of the basic elements of correct singing that helps enhance the mood of the song and communicate inward emotions to the audience.
- A. dynamics
 - B. breathing
 - C. diction
 - D. facial expression
9. Your listeners can easily catch the lyrics and understand the message of the song when you apply using this basic element of correct singing.
- A. dynamics
 - B. breathing
 - C. diction
 - D. posture
10. How are you going to develop your singing ability?
- A. by seldom practice
 - B. by practicing 10x a day
 - C. by practicing once a month
 - D. by constant correct practice

Lesson

1

Singing Self-Composed Melodies

Your voice has the potential to be an amazing instrument. Being able to sing is a beautiful gift. Do you want to know what it takes to improve your singing voice?

Everyone is born with a different voice and vocal range. The art of learning how to sing and how to improve your individual singing voice is by working with the tools you already have. Working to improve your singing voice takes a mix of ingredients: balance, dedication, coordination, and the right exercises.



What's In

In the previous lessons, you have learned how to create simple self-composed melodies step by step. Let us find out what you have learned.

Directions: Make a melody to the poem below. Above the staff are notes. Draw the same notes on the staff in Key of C Major using pitch names C (do), D (re), E (mi), F (fa), and G (so) . Your melody must move in steps and repeated only (no skips). Your melody must begin and end in C.

Family



I love my fa- mi - ly . I thank the Lord. They love me.



Notes to the Teacher

This module is designed for independent or self-paced study. It allows the learners to learn by considering their convenience for time and or location according to his or her individual needs and ability. Learners can study at his/her preferred time and environment without undue interruption of work. Please make sure learners who use this material can get frequent feedback and are given the opportunity to reflect on information and on their learning experiences.



What's New

A pleasant day to you learner!

In this lesson, you are going to learn how to sing your self-composed melodies that you have created in Module 2, at the same time you will also learn the proper way of singing.

There is a real art to singing your own songs especially when those songs are written from the heart. Singing provides many opportunities for creative self-expression. Writing songs and singing them after are ways to express your creative thoughts through composition and interpretation using the human voice as medium. These experiences can be challenging and a fun way to create and learn something new at the same time. The core of singing is to freely express it by being able to connect with the emotion inside you, with the emotion inside someone else that will move them and appreciate your creative artwork.

How to Sing Correctly

Everyone is born with a different voice and vocal range. The following are the basic things you need to know on how to sing correctly.

1. Proper breathing

To sing correctly, it is important that you learn how to control your breathing the right way. Basic breathing exercises help you learn the different pitches that your voice can reach and train your lungs and vocal cords to hold notes longer. Breathing exercises are necessary to ensure that you do not cause undue damage to your throat.

2. Vocal warm-up

Your throat muscles and vocal chords require some "stretching" to get them warmed up before singing. Vocalization is important. By doing this, you will help prevent your vocal cords in becoming strained from excessive use. This exercise will also help relax your muscles before singing.

3. Maintain a good posture

Singing with the correct posture is one of the easiest ways to improve your singing voice. Having the right posture may not seem important, but it is: having an even area for your breath to flow in and out is crucial to creating the right sound and maintaining it. Good posture means good alignment of the body.

Observe the following:

- A. feet placed comfortably apart
- B. knees straight but not stiff
- C. abdomen drawn
- D. chest out
- E. shoulder relaxed
- F. head up, chin in

4. Keep hydrated

Even if you are being careful not to put too much pressure on your throat muscles, you are still straining them in the same way that muscles are strained during exercise. For this reason, it is very important to stay hydrated and drink plenty of water.

5. Correct diction

Singing is literally a vocal art, so it is important that vowels resound articulately. Diction refers to how you pronounce those words in your song. If you have a good diction, your listeners can easily catch the lyrics and understand the message of the song.

A good diction produces a clear and smooth sound of the words. Being one of the basic components in singing, a good diction can be acquired in several ways, such as constant practice of reading orally and studying the correct pronunciation of vowels and consonants.

6. Appropriate facial expressions and hand gestures

Facial expressions and hand gestures are great ways to help communicate inward emotions to your audience. Communicating emotions with your facial expressions and hand gestures enhances the mood of the song, adds dynamics and helps the audience connect with your performance.

7. Proper dynamics

Dynamics means the difference in volume between the softest part of your song and the loudest. Dynamics give your song peaks and valleys. The quiet moments make the louder moments pop, which adds excitement to a song. Moreover, a song with no dynamics can cause ear fatigue, as a non-stop barrage of loud sounds eventually exhausts the listeners.

8. Constant correct practice makes perfect

As with any skill, constant correct practice will help develop your style and your ability in singing. It is not enough to do breathing or vocal exercises once and then expect to suddenly be a master vocalist. These exercises should be done on a regular basis to ensure that your vocal cords remain warmed up and strong before you sing.

There is no wrong place to start when it comes to trying to learn how to sing; being comfortable, especially in the beginning, is most important to ensure that you maintain your confidence which will cause you to keep up the motivation for practicing.

Tips on what do before, during, and after the performance:

Before

1. Vocalize to open your vocal cords.
2. Massage your face and throat to condition your muscles.
3. Practice the song frequently for mastery including the expression and appropriate gestures.
4. Internalize the meaning of the song to express it the natural way.
5. Deep breathing for relaxation.

During

1. Eye focus, no eye rolling.
2. Avoid unnecessary movements.
3. Apply dynamics to your song.
4. Convey the message and mood of the song through facial expression and appropriate hand gestures.
5. Apply proper breathing technique to reach high tones and sustain notes.
6. Sing with confidence.

After

1. Deep breathing to cool down and relax your muscles.
2. Congratulate yourself for a job well done.



What is It

1. What are the steps in correct singing?
2. What are the steps on singing with correct posture?
3. Aside from proper breathing, vocal warm up and posture, what are the other 3 important elements needed when singing in a performance?
4. How can you interpret the message of the song you are singing?
5. Why is correct diction important in singing?
6. What are the things you need to remember and do before, during and after a singing performance?
7. Why is it important to apply the correct and proper ways of singing on, during and after a performance?



What's More

Great! You have already learned the basic steps of correct singing. Let us get started with our activities. Are you ready?

Before singing your self-composed melodies, let us try to practice first the correct breathing and proper posture.

Activity 1

Direction: Follow the steps below and enjoy.

Step 1: Stand straight with your feet shoulder width apart and your knees slightly bent and loose. Keep your head up and your neck straight, but your shoulders down and your stomach relaxed.

Step 2: Inhale for 4 counts then exhale for 4 counts while making a "hissing" sound.

Step 3: Then, slowly increase the time: 6 counts in, 10 hissing breaths out. 6 counts in, 12 out. 2 counts in, 12 out. 4 counts in, 16 out. 2 counts in, 16 out. 4 counts in, 20 out. 1 count in, 20 out.

As you practice this hissing exhalation exercise, you are training your lungs and body to be able to hold an extended note with less breath. The goal is to create a smooth and even tone of your voice.

Activity 2

Amazing! Now you can start singing. Do the following activities. Happy singing!

Directions: Choose one song that you were able to compose on Module 2 in Key of C. Sing it following the correct way of singing presented in *What's New* of this module.

Evaluate your performance by answering the rubrics below. Fill in the score on the space provided below the table.

Category	4	3	2	1
Posture	Feet slightly apart, knees not locked, hips and shoulders aligned, head up, chin in, shoulders and back relaxed.	2 elements are out of position	3 elements are out of position	Incorrect posture
Breathing	Low full breath, abdominal expansion, no shoulder movement.	Low full breath, abdominal expansion, little shoulder movement	Low full breath, little abdominal expansion, some shoulder movement	shallow breath, no abdominal expansion, large shoulder movement
Diction	Observes correct diction.	With little mistakes in diction	With some mistakes in diction	Does not observe correct diction

Score:

Posture: _____ Breathing: _____ Diction: _____ Total: _____

Activity 3

Directions: Select a self-composed melody in Key of F Major or G Major from your previous module. Practice the melody and memorize the lyrics. Be able to sing your song in front of your parent or guardian. Let him/her give you a score using the rubrics given below.

For the parents/guardian: Evaluate the child's performance by checking (✓)the appropriate number.

Category	Very Good 4	Good 3	Satisfactory 2	Fair 1
Can sing in correct tune.				
Can sing with mastery and confidence.				
Can sing with correct breathing and phrasing.				
Can sing with dynamics, facial expressions, and minimal hand gestures.				



What I Have Learned

- Singing provides many opportunities for creativity and creative expression.
- Working to improve your singing voice takes a mix of ingredients: balance, dedication, coordination, and the right exercises.
- The steps in singing correctly are the following:
 - a. Breathe properly.
 - b. Warm-up throat and vocal muscles.
 - c. Maintain a good posture.
 - d. Keep hydrated.
 - e. Observe proper diction.
 - f. Use appropriate facial expressions and hand gestures.
 - g. Use proper dynamics.
 - h. Correct practice makes a perfect performance.



What I Can Do

Directions: Compose a melody and lyrics about friendship. Use the so-fa syllables do (C), re (D), mi (E), so (G), and la (A) in the Key of C Major.

Practice the song. Perform your song in front of a family member.

Let your family member rate your performance using the rubrics below.



Category	Very Good 4	Good 3	Satisfactory 2	Fair 1
Can sing in correct tune.				
Can sing with mastery and confidence.				
Can sing with correct diction, breathing and phrasing.				
Can sing with dynamics, facial expressions, and minimal hand gestures.				



Assessment

Directions: Read the items carefully. Choose the letter of the best answer.
Write your answers on a separate sheet of paper.

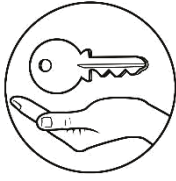
1. This voice exercise will help stretch your vocal cords and help relax your muscles before singing.
A. vocal warm-up
B. hand exercise
C. proper posture
D. breathing exercise
2. This can be acquired through constant oral reading and studying the correct pronunciation of vowels and consonants.
A. breathing
B. good posture
C. diction
D. dynamics
3. It is one of the basic elements of correct singing that helps enhance the mood of the song and communicate inward emotions to the audience.
A. dynamics
B. breathing
C. diction
D. facial expression
4. Your listeners can easily catch the lyrics and understand the message of the song when you apply using this basic element of correct singing.
A. dynamics
B. breathing
C. diction
D. posture
5. How are you going to develop your singing ability?
A. by seldom practice
B. by practicing 10x a day
C. by practicing once a month
D. by constant correct practice
6. Singing with the correct posture is one of the easiest ways to improve your singing voice. Why do we need good posture for singing?
A. to help with your breathing
B. to communicate inward emotions to your audience
C. to produces a clear and smooth sound of the words
D. to help prevent your vocal cords from becoming strained
7. When you stand during a singing performance, how should you position your feet?
A. feet slightly apart
B. feet close together
C. feet slightly lifted
D. one foot crossed over the other

8. Why should you straighten your back while singing?
- A. It can affect your singing tone.
 - B. It helps you to breathe better.
 - C. It helps you to sing long phrases.
 - D. All the answers are correct.
9. How should the head be positioned when singing?
- A. It should be lifted high.
 - B. It should be bowed down.
 - C. It should be head up and chin in.
 - D. It should be turned to the side during singing.
10. The following are ways to improve your vocal singing EXCEPT for one. Which one is it?
- A. singing in correct tune
 - B. singing with proper breathing and posture
 - C. singing with correct diction and enunciation
 - D. singing with too many hand gestures and unnecessary facial expression



Additional Activities

Choose one of your self-composed songs in Module 2. Make a video recording of your singing performance. Remember to apply the correct way of singing when doing a performance. Submit your output to your teacher using a social media application. (FB, messenger, or email).



Answer Key

Assessment

1. A.
2. C.
3. D.
4. C.
5. D.
6. A.
7. A.
8. D.
9. C.
10. D.

What I Can Do

Sample answer

I have a friend, so true and kind. We love and care for each o - ther.

Answers may vary according to performance

Category	Very Good	Good	Satisfactory	Fair
Can sing in correct tune	4	3	2	1
Can sing with confidence				
Can sing with correct diction, breathing and phrasing				
Can sing with dynamics, facial expressions, and minimal hand gestures.				

What I Know

1. A.
2. A.
3. D.
4. C.
5. D.
6. A.
7. C.
8. D.
9. C.
10. D.

What's In

I love my fa-mi-ly. I thank the Lord. They love me.

Answers may vary according to performance

Category	4	3	2	1
Posture	Feet slightly apart, knees not locked, hips and shoulders aligned, head up, chin in, shoulders and back relaxed.	2 elements are out of position	3 elements are out of position	Incorrect posture
Breathing	Low full breath, abdominal expansion, no shoulder movement	Low full breath, little abdominal expansion, some shoulder movement	Low full breath, little abdominal expansion, large shoulder movement	Low full breath, shallow abdominal expansion, no shoulder movement
Diction	Observes correct diction.	With little mistakes in diction	With some mistakes in diction	Does not observe correct diction

Activity 2

Answers may vary according to performance

Category	Very Good	Good	Satisfactory	Fair
Can sing in correct tune	4	3	2	1
Can sing with confidence				
Can sing with correct diction, breathing and phrasing				
Can sing with dynamics, facial expressions, and minimal hand gestures.				

Activity 3

Category	Very Good	Good	Satisfactory	Fair
Can sing in correct tune	4	3	2	1
Can sing with confidence				
Can sing with correct breathing and phrasing				
Can sing with dynamics, facial expressions, and minimal hand gestures.				

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