

## Holding the cello

- When removing the cello and bow from the case, always take the bow out first and put it to one side while taking the cello out. Be careful not to touch the hair of the bow.
- With the cello lying on its side, pull out the spike to the correct length – your teacher will show you how.
- When picking up the cello, start with its back facing you. Reach down and put your left hand around the neck and right hand under the rib to lift your cello into the spike holder.
- Sit down comfortably towards the front of the chair and bring the neck of your cello in towards your left shoulder.
- The right side of the cello will rest near your heart and the pegs shouldn't get in the way of a relaxed neck.
- Check that your feet are firmly on the floor and pointing outwards – like frog's legs! Your knees support the cello but shouldn't grip it.
- When putting your cello down, put your left hand around the neck and the right hand under the rib. Put it on its side, being careful not to stab your foot!
- Make sure the spike is always in when you're not playing.
- Your left hand is always your 'cello hand'.



### Quick check every time before you play




Without your cello, can you stand up and sit down without using your hands?

### Fun fact

A person who plays the cello is called a *cellist*. Cello strings were originally made from sheep or goat gut but today's strings are made of aluminium, titanium and chromium.

**Top tip**

Start each note at the point with a straight arm.

**9 Lift off!** 

With great excitement

Musical notation for exercise 9, 'Lift off!'. It consists of two staves. The top staff has a bass clef and contains eight measures of music, each starting with a bow hair icon (V) above the first note. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The bottom staff has a bass clef and contains eight measures of music, each starting with a finger number '5' below the first note. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The dynamic marking *f* is placed below the first note of the top staff.

**10 Keeping cool** 

Velvety


Musical notation for exercise 10, 'Keeping cool'. It consists of two staves. The top staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The bottom staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The dynamic marking *mf* is placed below the first note of the top staff.

**Blue circles in the air** 

At the end of bars 2 and 4 draw a circle in the air with your bow hand, ready to begin the next note.

Quite quickly

Musical notation for exercise 11, 'Blue circles in the air'. It consists of two staves. The top staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The bottom staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The dynamic marking *mf* is placed below the first note of the top staff.

**11 The tortoise and the hare** 

Like a tortoise

Like a hare

Musical notation for exercise 12, 'The tortoise and the hare'. It consists of two staves. The top staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The bottom staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The dynamic marking *f* is placed below the first note of the top staff, and *mf* is placed below the first note of the bottom staff.

**12 At the palace** 

Regally

Musical notation for exercise 13, 'At the palace'. It consists of two staves. The top staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The bottom staff has a bass clef and contains four measures of music. The notes are: G2, A2, B2, C3, D3, E3, F3, G3. The dynamic marking *f* is placed below the first note of the top staff.

# Stage

# 9

## Fact file

- *Cresc. (crescendo)* = becoming louder
- *Dim. (diminuendo)* = becoming quieter

## New notes on the A string



## Rhythm box

♪ = quaver (eighth note) - ♪ = ♪

Clap this rhythm then bow it on any string.



## Warm-ups

Play this with long bows and concentrate on keeping your bowing arm relaxed. How many seconds can you play each note for? Keep a note of your personal best.



Use less bow for the quavers (eighth notes):



The quavers in bars 1 and 3 will be in the top half of the bow. Where will they be in bars 2 and 4?



Listen to your sound on the long notes: check there are no wobbles.



### Personal best

Date	Seconds