

Writing A Singing Exercise Book for The fifth-grade Students at Tianjin Ruiting Primary School, Hebei District, Tianjin, The People's Republic of China

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Abstract

The objectives of research were: (1) to study the singing performance of the fifth-grade students in Tianjin Ruiting Primary School, Hebei District, Tianjin; (2) to write a singing exercise book for the fifth-grade students at Tianjin Ruiting Primary School; and (3) to verify the accuracy of the singing exercise book by experts.

Research methodology is qualitative research. The subjects were music experts from Tianjin Province. This study used the method of collecting interview results and analyzing data, with validation of results from 5 experts. The research findings were: (1) methods of singing must establish a standard that allows us to measure and judge the beauty or non-beauty of a work, that includes singing skills. For example, singing breath, enunciation, intonation, rhythm; (2) Singing exercise book for the fifth-grade students of Tianjin Ruiting Primary School included seven units which were basic knowledge of singing training, Rain Flower Stone song, Grandma's Penghu Bay song, Jingle bells song, Little white boat song, I am Chinese song, and singing performance evaluation; and (3) the exercise book was verified by three experts and ; replace received an average rating of 4.62, indicating excellent quality.

Keywords: Writing a Singing Exercise Book, Fifth-grade Student, Tianjin Ruiting Primary School, Hebei District, Tianjin, The People's Republic of China

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Introduction

Ruiting Primary School, located in Hebei District, Tianjin, is a public primary school. Adhering to the school philosophy of “escort for growth, sail for dreams”, the school provides students with a high-quality learning platform. The fifth-grade students are in the high learning stage of primary school, most of them have a certain ability to identify music, have a certain foundation of music knowledge, have a certain interest and self-learning ability, and have a strong sense of competitiveness and collective honor. Teachers adopt a variety of teaching methods and means in teaching to fully mobilize the interest of students to achieve the best teaching effect. (Primary school Tianjin Maniple Education Commission, 2022)

Fifth-grade students, as they grow older, gain more knowledge, and become increasingly autonomous—especially under the influence of popular music—are no longer satisfied with the music taught in the classroom. Their interest in music lessons gradually declines; they crave music but do not enjoy the songs in the textbook. Therefore, cultivating their interest and enthusiasm for music lessons must not be neglected. It is important to help students develop a genuine love for music and the ability to distinguish between good and bad musical works. Enhancing their music appreciation skills and fostering good singing habits will contribute to their sustainable development in music. Through the teaching of comprehensive course, singing class, appreciation class, instrumental music class and singing, dancing and swimming class, the learning interest is cultivated, flexible handling and free combination of teaching materials, appropriate introduction of popular music, correct guidance of good and bad works of students, improve their comprehensive quality of music, and education in the teaching, infiltrate humanistic thoughts, and get noble music sentiment edifices.

For the exercise of singing, the music textbook of People’s Music Publishing House, which is ordered by the education system, is used at present. School teachers lead students to learn singing in a unified way, and students are asked to sing simply according to the mood of the song marked in the textbook. However, the singing method of each learned song and the points that need attention are not marked. Corresponding exercise books should also keep pace with the times. Therefore, the need for a student-friendly workbook is worth exploring. Hopefully, it will provide better and more teaching methods and reference materials for students to learn to sing songs from the textbooks. (Zhou, 1993)

Creative exercise is the ability to make comprehensive use of multidisciplinary knowledge, which is closely related to real life, and carry out artistic innovation and practical application. exploring and experimenting with creative processes and methods, generating unique ideas, and transforming them into artistic outcomes. And through practice learning to listen, students can sing songs alone and in unison. The cultivation of creative practice can help students form a sense of innovation, improve the ability of artistic practice and creativity, and

enhance the spirit of teamwork. (Wu, 2022)

According to the requirements of the fifth-grade syllabus, the exercise book is designed for fifth-grade students. Therefore, the songs included are more challenging, and the music knowledge points are more in-depth. Music elements are introduced progressively, from simple to complex, starting from students' life experiences and using those experiences to help them gradually form musical concepts. This approach supports students' understanding of musical composition. In summary, the researchers identified the following problems:

1. Lack of systematic and detailed exercise books
2. How can students improve their singing skills by learning the singing exercise books of Tianjin Ruiting Primary School?
3. How to make singing exercise books for the fifth graders of Tianjin Ruiting Primary School?

The three main problems of the study have been solved, and the researchers hope that the results of this study can help solve the singing problems of the fifth graders of Tianjin Ruiting Primary School and provide them with better and more singing methods.

Objectives

- 1 To study the singing performance of the fifth-grade students from key informants.
2. To write a singing exercise book for the fifth-grade students at Tianjin Ruiting Primary School.

Research questions

1. What should a fifth-grade primary school student pay attention to when singing?
2. How to write singing exercises for fifth-grade primary school students of Tianjin Ruiting Primary School?
3. What are the singing performance techniques?

Research Methodology

This research used a qualitative research method. The data was collected by interview. The key informants were the 3 experts in music education The exercise book was verified by experts for the evaluation process.

Literature review

The singing teaching

Ruiting Primary School in Hebei District of Tianjin adopts centralized teaching and teaching by class unit. There are about 40 students in a class. In class, teachers will try to pay at-

tention to every student, get along with students, give students the opportunity to speak in class, let students get a kind of achievement, which is conducive to motivating students and exerting their potential subjective consciousness.

It enables students and teachers to communicate with each other. In other aspects, it is helpful for teachers to understand students in time, so that they can teach according to the students' grasp of the situation, which helps to form a harmonious and harmonious atmosphere of interactive teaching relationship and improve the teaching effect. Teaching students to sing well will do students a lot of good. In addition to promoting the child's memory, singing also helps to improve the child's language ability. A good song often has excellent lyrics. When children learn to sing songs, they naturally expand their vocabulary and unconsciously learn more artistic language expressions.

In addition, music can make children's ears sharper, promote the development of children's attention and listening skills, and these skills can in turn help children accumulate more expressions and better language development. (Liu et al., (2022)

Singing exercise

In terms of singing exercise, 5th-grade students have initial exposure to singing. The singing skills can be divided into four steps: feeling the breath, words, and intonation in the protection of the voice under the premise of teaching and stage performance quality training

Upper school age generally refers to children aged 11 to 12. The voice of the student at this time is the voice of the standard child, the voice of the child in this age group is characterized by the voice is crisp, gentle, lovely, no resonance, the pitch does not go up, there is no breathing support, the voice is white, singing is very casual, there are many problems such as "squeeze, card, pressure, support". If you can take the opportunity at this age to practice singing with a scientific approach, you are sure to get a wonderful child's voice. Children with good sound conditions can complete a range of two octaves, and children with average sounds can also complete a range of one and a half octaves. the sound of the high child area is unified, and there is breathing support. Many singers think that vocal practice is to turn on the voice, just like athletes exercise their muscles and bones before the game, vocal practice is not just to turn on the voice, but to select the appropriate vocal songs for skill training. (Qing & Teeravut, 2024).

The way you stand. It is not only good for typhoon protection, but also related to sound quality and smooth breathing. Therefore, students are required to maintain the standard and correct posture: boys naturally stand, feet apart, chest bulge, stomach tuck; the girl takes a half step forward with her left foot, maintaining the feeling of the ceiling, chest, and abdomen. The weight of the body on the front foot, lean forward, shoulders relaxed; shoulders not hunched.

The facial muscles are relaxed, the face is smiling, and the corners of the mouth are slightly turned up, which should feel like a sweet smile from the heart. Deep breathing exercises, the small mouth naturally opens, and the nasal cavity slowly draws air from the top down, at the same time entering the bottom of the lungs and the waist, and the waist feels full. When exhaling, maintain the same state as when inhaling, pronounce the S sound, and exhale slowly and controlled for 5 minutes. After a period of practice, breathing problems can be gradually resolved.

Pronunciation practice: Singing and Speaking, require clear pronunciation, in singing must use the way the singing language to pronounce. Singing language is established on the basis of life language and forms the law of singing language through artistic processing. Before singing the song, be sure to read the words clearly so that you can sing the words and melody clearly in the rhythm. For each word in the song, to bite exactly, this requires the work of the mouth, the mouth, and the consciousness. In the process of pronunciation, words, drag and sound, we cannot be careless, we must use the “heart” to read the words, and sing on this basis, in order to achieve the purpose of “word and sound”; In the performance of lyric songs, the general melody is slow and orderly, and the pronunciation should be very clear, which requires skilled pronunciation and pronunciation techniques.

The main purpose of rhythm training is to cultivate students’ good sense of rhythm. Strengthening the training of steady rhythm and variable rhythm can improve students’ sensitivity to variable rhythm.

The basic requirements of children’s singing teaching are to reveal the ideological and artistic nature of songs, stimulate students’ musical imagination, make them sing emotively, and be infected by the artistic image of songs. From this point of view, it is very important to give proper artistic treatment to the songs, give full play to the students’ musical imagination, and sing out the sounds and emotions. For example, the melody of the song “Little Soul Song” is lively, cheerful, and enthusiastic; the content praises the noble character of wisdom, courage and delicacy, cherishing time, studying hard, sympathizing with the weak and helping others. When singing, we should master the artistic style of agility, liveliness, and elasticity. When stimulating students’ emotions, teachers can use emotional singing, language interpretation, guidance, body language demonstration and other teaching methods, so that students can unconsciously enter the artistic conception and emotional atmosphere created by the song.

Results

1. The singing performance the performance form of singing.

A solo: a person singing a song alone, called a “solo”. Any part of the vocal category can be sung as a solo. Singing is usually accompanied by piano or a small band, and sometimes

vocals can be added. Solo singing requires the singer to have a higher artistic quality and better singing skills, the soloist is the interpretation and performance of music works, he (she) directly uses “sound” and “emotion” to artistic re-creation of music works. Singing in unison: Many people sing songs in a single voice together, which is called “singing in unison”. There is no limit to the number of people singing in unison. It can be a mix of male and female voices singing in unison. When singing in unison, you can sing with or without Musical Instruments. Singing in unison requires the singing to be neat, unified and bright. Most of the songs sung in unison are full of fighting and appealing power, which is the main form of mass singing activities. Chorus: Many people are divided into several parts, singing songs with two or more different tunes at the same time, called “chorus”. Common forms of chorus are: mixed chorus of two parts (composed of male and female voices), mixed chorus of four parts (composed of female high, female low, male high, male low), chorus (divided into male, female, children’s voices of two parts, three parts of chorus) and other forms. The chorus is usually accompanied by a piano or band, but there are also non-musical accompaniments, called “a cappella”. Chorus has a rich expression, pay attention to the harmony and coordination of the whole sound, require the timbre of each part of the corresponding unity, the volume of the corresponding balance, the emergence of each part of the level. In addition, there are strict requirements for the intonation, rhythm, strength and speed of each voice part. Lead singing: In chorus or chorus, a single person sings a paragraph or some phrases, called “lead singing”. The lead part is usually contrasted with the chorus or chorus part. Duet singing: Two people or two groups of people singing in response style, called “duet singing”. There are male and female duets, male duets, female duets and other forms. The duets are mostly monophonic songs, and the atmosphere is warm and cheerful. Duet: Multi-part songs sung by only one person (or two people) in each part are called “duets”. Duets can take the form of male and female duets, male or female duets (including duets, triplets, and quartets).

The main difference between enchant and duet is that enchant takes the form of multiple parts (two or more parts). However, some songs often combine duets and encores. For example, the Yellow River chorus in the “Riverside duet”, first A, B two male duets, and then A, B two tunes stacked together to form a duet.

The difference between chorus and chorus: there are three mains, the first difference is: the number of people is different, the chorus needs at least 8 people, and the duet can be formed by 2 people. The second difference is that the chorus should not be conducted, and the chorus generally needs to be conducted; The third difference is that the method of writing and the size of the works are also different between the chorus and the chorus. Round singing: Many people are divided into two or three or four parts, each part is separated by a certain number of beats, and has sung the same tune, called “round singing”. When singing in

rotation, each voice part formed a warm atmosphere of one after another and echoed each other. This technique is called “Canon,” which is a form of polyphonic music. Group singing: A group of people at the same time to sing a monophonic song, called “group singing”. Group singing is actually a form of unison singing, but the number of people is smaller. If a multi-voice song is sung, it is called a “chorus”. Singing: singing songs, singing while doing action, this kind of singing with action performance, called “singing.” Vocal singing often takes the form of duet or group singing. the grand chorus: around a specific topic, the selection of songs related to the content, and the use of poetry recitation or musical ensemble and other methods, the songs are coherent singing, called “grand chorus” Grand chorus is not necessarily limited to singing together, may also include solo, chorus, rotation and other vocal forms.

2. Singing exercise book for the fifth-grade students at Tianjin Ruiting Primary School.

The singing exercise consists of 7 units: 1) Basic knowledge of singing practice 2) Singing exercise “Rain Flower Stone” 3) Singing exercise “Grandma’s Penghu Bay” 4) Singing exercise “Snowflakes bring winter Dreams” 5) Singing exercise “Jingle Bells” 6) Singing exercise “Little White Boat” 7) Singing evaluation

Conclusion

Good singing comes from two factors: one is the innate good voice, and the acuity and coordination of the body functions related to singing. The second is the effort and training of the day after tomorrow. It requires the singer not to be afraid of hardships, long-term training, even the whole life uninterrupted learning to perfect singing skills; Expand psychological and cultural structures, including intellectual structures, ethics and aesthetic abilities; Balance people’s logical thinking and image thinking; Promote the development of association and fantasy. It can be said that the performer’s understanding, sensibility, imagination and expression of musical works will continue to inject new vitality and vitality with the improvement of people’s cultural heritage and continue to be sublimated. (Shi, 2024). Art, is a kind of aesthetic art, no matter what the song, are closely around the life, around our emotions. In songs, we experience joy, anger, sorrow, music and other emotions, in imperceptible, cultivate our certain aesthetic habits and aesthetic views. “This song is really beautiful,” I like to sing this song most,” which is actually the embodiment of an aesthetic orientation. Over time, it has formed our specific aesthetic thoughts. At the same time, knowing music is more energetic, more thoughtful, and more capable of emotional expression and control More than not knowing music, because singing is another process of expressing feelings. Each song expresses different feelings. Children will sing more and more and can perceive a wider range of emotions. There-

fore, singing practice is becoming more and more important.

The main finding was to reveal the reason for writing the singing practice book in this way (Li, 2018) First of all, when singing, the flow of sound and the way the vocal organs are used are invisible. Vocal music can only use thinking, feeling to drive the flow of breath, sing a beautiful melody. Unlike playing a musical instrument, whether it is making sound or learning skills, the method can be intuitively observed with the naked eye. In addition, each person's voice conditions are different, different body types also determine the different timbre, as well as the different singing methods. In singing, the human body is like a huge sound box, only can find a suitable singing method for their own conditions, suitable for their own range of songs, coupled with scientific sound, in order to make the sound box play a full role (Wang, 2017) Learning vocal music also requires a very high understanding. Art cannot be concrete, what the teacher said can only be understood by us. Of course, the teacher's guidance and our ability to imitate are also very important. There are scientific foundations behind vocal music such as anatomy. Many excellent vocal educators have studied the human vocal cords and various organs needed to sing, in order to understand the principles of singing, and then use some graphic words to teach such difficult knowledge to students. So, first of all, we should introduce some basic methods and skills of singing, and then add songs to practice.

Major findings of objective to verify the singing exercise book. Verify singing practice. The main findings are revealed that such exercises contain the key songs and basic singing techniques that we learn, as well as the methods of practice. In fact, the practice of the above skills is closely related to the improvement of students' skills. By following the exercises in this booklet, you can effectively improve and alleviate any problems that arise in the exercises step by step. Therefore, the practice of using thought is sound. Students can implement supplementary practice in classroom practice or in home practice without the help of the classroom. Therefore, to adopt effective and scientific practice methods and practice content can improve and strengthen the problems encountered by students in the process of teaching and learning.

Recommendations

1. General recommendation

In writing a "singing exercise book", it is necessary to analyze each singing skill in detail, write it down and find related exercises, and find key skills so that students can practice related skills effectively and make the song more complete. You can add pictures to the exercise book to make it more beautiful and make it easier for students to appreciate and understand what the song is conveying. When writing an exercise book, it is important to ask and collect the opinions of experts and provide timely suggestions for correction.

2. Recommendation for further research

Through the experiment, the professional performance of the same group of students can be compared before and after using the exercise book for a period of time to fully verify the practical application effect of the singing exercise book. In teaching, interaction with students can be increased to increase students' interest in learning and achieve better learning outcomes.

Referance

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