

Hymns & Spirituals

SAMPLE





About the Course

Students sing hymns and spirituals to build their faith and appreciation of God's work across time. Hymns and spirituals are connected to the historical time period as appropriate.

This topic is included in the following course(s): Music: Intro, Music: Level 1, Music: Level 2, Music: Level 3, Music: Level 4, Music: Level 5

Hymns & Spirituals

The Christian hymn and spiritual tradition is incredibly rich, and it is vanishing from many churches. In addition to bringing a much-needed moment of peace to your day, hymns can also introduce students to important theological ideas and church liturgy.



Scheduling

GRADE	SCHEDULE INFO.	BOOKS
1-12	Hymns & Spirituals 1 time/week 10 min	Our Hymns, Our Heritage

Sample Weekly View

Day 1	Day 2	Day 3	Day 4	Day 5
Music: Intro				
Sol-fa: Musical Games	Hymns & Spirituals Afternoon Listening		Folk Songs	Music Appreciation
Music: Level 1				
Sol-fa: Level 1	Hymns & Spirituals Afternoon Listening		Folk Songs	Composer Study
Music: Level 2				
Sol-fa: Level 2	Hymns & Spirituals	Folk Songs	Composer Study Afternoon Listening	
Music: Level 3				
Sol-fa: Level 3 Afternoon Listening		Hymns & Spirituals	Folk Songs	Composer Study
Music: Level 4				
Sol-fa: Level 4 Afternoon Listening		Hymns & Spirituals	Folk Songs	Composer Study
Music: Level 5				
Sol-fa: Level 5 Afternoon Listening	Hymns & Spirituals	Folk Songs	Composer Study	



Planning & Prep

Permission to print for non-commercial use. See Alveary group use policy to use lessons in a group context.

LINKS: Click text or scan the QR code in the top corner of the lesson plan pages to view online resources associated with the lessons.

Responsibility for previewing all links rests with the teacher. All links were checked at the

time of publication; however, websites change frequently and may contain objectionable content. Please report broken links by contacting us through our website.

Hymns & Spirituals

☐ Bookmark the Alveary hymns, spirituals, and folk song playlist for the year, or create your own YouTube, Spotify, or Amazon playlist if desired.



Books & Resources

For book rationales and purchase options, click the Book List link or scan the QR code below.

∞ [View Book List Details](#)

Hymns & Spirituals



Our Work: Grades 1-2



Our Work: Grade 3



Our Work: Grades 4-6



Our Work: Grades 7-8



Our Work: Grades 9-12



Hymns, Spirituals, & Folk Songs PDF



Our Hymns, Our Heritage



Supplies

For supply list details and basic supplies helpful to have on hand, click the links or scan the QR code below.

∞ [View Basic Supplies](#)

(No Subject Supplies Assigned)



Quick Links

Hymns & Spirituals

- ∞ [Extra Helpings](#)
- ∞ [Hymns, Spirituals & Folk Songs Spotify Playlist](#)
- ∞ [Hymns, Spirituals & Folk Songs Youtube Playlist](#)
- ∞ [Hymns, Spirituals, & Folk Songs PDF](#)
- ∞ [Musical Terms Appendix](#)

Click THIS text
or scan the QR
code for links.



Hymns & Spirituals

How To Teach



Recap

- Specific recap questions are often suggested in the day's plans; ask students what they remember from the last lesson. If nothing comes to mind at first, tell them to give themselves another minute or two and to keep thinking. Our brains are amazing and can usually recall the previous lesson with a minute of effort. Refrain from doing the work of remembering yourself if you are leading the lessons.
- For composer study, a recap might look like a brief discussion about the name or sound of the piece you listened to previously.
- For hymns and folk songs, this might be an effort to hum the melody or recite the words of the song you're currently learning.
- For sol-fa, it might be a quick explanation of the sol-fa syllable you learned or a tricky rhythm or interval you were working to master.
- If students have difficulty recalling, teachers might try showing them a picture or sharing something that the teacher remembers. This will often refresh their memory enough to allow them to recall.
- If students still cannot recall anything from the last reading, then teachers may consider continuing anyway or repeating the last lesson.



Introduce

- Prepare to listen to the day's musical selection by inviting students to consider an interesting musical or historical idea in the lesson. Perhaps it's a unique word, rhythm, instrument, or piece of historical background. You might introduce it by the way, or read a selection of a composer's bio or a brief article to students.



Listen & Sing

- Listen to the day's musical selection.
- Composer study lessons will usually have you listen to a piece of music for 3-8 minutes. If students have a difficult time listening for the duration of the lesson, stop the music at their limit.
- Some students might draw, color, or engage in a handicraft while listening to help extend their listening time. Students who have a difficult time sitting still or listening may benefit from: a fidget of their choice, such as a piece of putty or clay or an afghan; flexible positioning, such as a wobble seat or inverted sitting; or sensory modulation, such as a weighted vest or blanket or adjustment of light, temperature, or sound.
- Hymn, folk song, or sol-fa lessons will sometimes have you listen to a part of the song and then practice echoing back the melody and/or words.



Discuss

- Composer Study: Talk about the musical selection you heard. What stood out to you? What did you notice? What did it make you wonder? Did it remind you of anything? Discuss the tempo, the sound of the music, the instruments used, the volume, and the mood. Why do you think the composer wrote it the way he did?
- Hymns, Spirituals, & Folk Songs: What lines strike you particularly? Is there a rhyme scheme to the lyrics? Is there a progression to each stanza? If you were to add a verse to the song, what would you add? If you took a verse out, how do you think it would change the song? Do the

melody and words go together? Why or why not?

- Sol-fa: Take a minute to reflect on what you learned in the lesson. Write down any notes you want to remember and practice any particular exercises that were tricky.



Connect

- At the end of the lesson, think about how the day's musical selection connects to other books, subjects, characters in history, etc.
- You might copy down a stanza of a hymn in your Commonplace or Copywork book, read a bit more about the history behind a piece of music, jot down a noteworthy date in your Book of Centuries, or discuss a broader question raised in the lesson.

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Term 1

WEEK 1 10m Hymns & Spirituals - Lesson 1

How Firm a Foundation

Materials: Our Hymns, Our Heritage, Our Work Book, and/or Music Selections Booklet

→ INTRO

Our first hymn this year is called "How Firm a Foundation." What is a foundation, and what do you think this hymn will be about?

→ LISTEN & PRACTICE

Today, focus on getting familiar with the hymn. Read the words aloud and listen to the full song. Note that various recordings sometimes use the older "thee" rather than "you" and annotate your lyrics depending on the recording you use. Notice, talk about, and look up any unfamiliar words.

∞ Music Links: How Firm a Foundation (YouTube or Spotify)

→ READ, NARRATE, & DISCUSS

Learn the history of the song from Our Hymns, Our Heritage. "Text and Tune" p.136

• EXTRA HELPING

Look at early copies of Rippon's hymnal. What differences and similarities do you notice between it and hymnals today? If interested, read the original hymn (note the extra verses which are less common today) and the prefaces.

∞ Book Links: 1801 and 1828 versions

• AFTERNOON LISTENING

Use your preferred recording to listen to the hymn in the afternoons, evenings, or anytime! The more you spend time with it, the more the words will sink into your head and your heart.

• IMPORTANT DATES

"How Firm a Foundation" published in Rippon's hymnal (1787 AD).

WEEK 2 10m Hymns & Spirituals - Lesson 2

How Firm a Foundation (cont.)

Materials: Our Hymns, Our Heritage and/or Music PDF or Our Work Book, Bible

→ RECAP

What is the name of the hymn for this term, and what is it about? Tell anything else you remember about its history.

→ SING

Practice the tune by first listening to a verse, then humming the next two.

∞ Music Links: How Firm a Foundation Full Song (YouTube or Spotify)

→ READ & DISCUSS

Let's focus on the lyrics a bit more. Read the whole song aloud, then look up the Bible verses below (mentioned last week in your hymnal) and tell what you notice about the images, ideas, or even direct words that the hymn writer used from each verse.

- Isaiah 41:10 (Stanza 2)

- Isaiah 43:2 (Stanza 3 & 4)

- Zechariah 13:9 (Stanza 4)

- John 10:27-29, Romans 8:38-39, Hebrews 13:5-6 (Stanza 5)

→ (OPTIONAL) COPYWORK (GRADES 4+)

Write one of the Bible verses above underneath your hymn lyrics or in your copywork book.

★ TEACHER TIP

If teaching in a classroom setting, assign verses to various students to keep this part of the lesson from taking too long.

• EXTRA HELPING

More on the song's history and how the author used bible verses in his composition. Note the additional verse

∞ Video Link: Hymn Story, Analysis, Performance

WEEK 3 10m Hymns & Spirituals - Lesson 3

How Firm a Foundation (cont.)

Materials: Our Hymns, Our Heritage and/or Music PDF or Our Work Book

→ RECAP

Sing the tune of How Firm a Foundation on "hoo" and read the words

Hymns & Spirituals

[Click THIS text or scan the QR code for links.](#)



Term 1

aloud. Pay attention to the meaning and punctuation as you read.

→ SING & DISCUSS

Today, listen to a line of the song, then pause the video and echo it back, working your way line by line through the song. This will help you focus on each line of the song, not just the ones that come easily to you.

∞ Music Links: [How Firm a Foundation Full Song](#) (YouTube or Spotify)

- What images or lines in the song do you like best?

→ COPYWORK (GRADE 4+)

Copy a line of the melody into your music journal and (if you are taking sol-fa), see if you can label the notes with the sol-fa syllables. Hint: it is written in the key of G, and the first note is "So." Count up how many different sol-fa syllables you used in the song [there should be five]. This hymn is written using the pentatonic scale (often a major scale omitting fa and ti). Many other hymns (like Amazing Grace) are also written with only these five different sol-fa syllables. Explore Extra Helpings to explore a music theory rabbit hole on pentatonic music.

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