The Course.

Overview

PEAK COMMUNICATORS  
PUBLIC SPEAKING PROGRAMME AT THE PEAK SCHOOL

**PUBLIC SPEAKING AIMS**

**To develop effective communication and personal presentation skills.**

Overview

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| **OVERVIEW** | Students will be formally trained in the necessary techniques and skills in the art of public speaking and communication so that they are equipped with a set of guidelines they can use in a variety of situations. | | |  |
| **STRUCTURE** | Session Length  45 minutes | | Course Length  6-8 weeks | Stage 1. yrs. 4,5, intro  Stage 2. yrs 6, 3 intro  Stage 3 yrs,3,4,5,6 Further development |
| **OBJECTIVES** | Students will be able to effectively deliver a speech/message to an audience using and understanding specific mechanics and techniques. | | |  |
| **LEARNING OUTCOMES** | Students will be able to use specific skills in order to communicate and express themselves more effectively.  Students will become more confident and articulate communicators  Students will be able to express themselves with self-assurance. | | |  |
|  | **ESSENTIAL ELEMENTS**  Eyes  Breathing Fluency  Clarity  Articulation  Vocabulary and Content  Expression  Projection Emphasis Timing  Rhythm and Pace Chest Voice Diaphragm Structure Form Mechanics Tone | **The Theory**  **vocal contras**t – varying pitch, intonation, pace, volume, tone colour and  intensity  **vocal flexibility** – a supported and free vocal tone; releasing breath and  sound freely and easily; supporting breath with the appropriate muscles;  aiming for balanced and forward resonance  **vocal powe**r – producing and controlling sound until the end of the phrase  so that the voice does not fade away  **vocal skills** – using sufficient audibility, tone colour and clarity of diction  when performing the text | |  |
| **Course Structure** | **Focus** | **Suggested Learning Engagements and Activities** | | **Points** |
| Session 1 | Introduction to Public Speaking  What we are doing, why we are doing it and what we hope the outcome will be. |  | | Focus fun/ message-communicating can be fun. |
| Session 2 |  |  | |  |
| Session 3 |  |  | |  |
| Session 4 |  |  | |  |
| Session 5 |  |  | |  |
| Session 6 |  |  | |  |
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KNOW YOUR SUBJECT AND YOUR SPEECH

KNOW YOUR AUDIENCE AND YOUR SPACE

NEVER APOLOGISE

IMAGINE YOURSELF GIVING A GREAT SPEECH

FOCUS ON YOUR MESSAGE NOT YOURSELF

**vocal contras**t – varying pitch, intonation, pace, volume, tone colour and

intensity

**vocal flexibility** – a supported and free vocal tone; releasing breath and

sound freely and easily; supporting breath with the appropriate muscles;

aiming for balanced and forward resonance

**vocal powe**r – producing and controlling sound until the end of the phrase

so that the voice does not fade away

**vocal skills** – using sufficient audibility, tone colour and clarity of diction

when performing the text

Week 1

**Introductory: What we are doing, why we are doing it and what we hope the outcome will be.**

**Focus fun/ message-communicating can be fun.**

**WARM UPS**

CGAME: Find your group making animal noises; Technique Using the voice. **(Volume and clarity )**

GAME: Hunt the hidden object .Help person find the object by use of volume  **(Dynamics)**

Skill- TONGUE TWISTERS-**Articulation**

*"Kitty caught the kitten in the kitchen."*

*"Eleven owls licked eleven little liquorice lollipops.*

*"Zebras zig and zebras zag."*

**Discuss- Think about assembly and presenting.**

**What do you need in order to be a good speaker, to keep your audience interested ?**

POINTS (write them down )

What about the way you stand?

**POSTURE,** eyes, arms, breathing

Do a breathing exercise . Practise walking on, standing, waiting then introduce yourself

OPENER

Good afternoon, my name is \_\_\_\_\_\_\_\_\_\_\_\_and I’m here today to talk to you about\_\_\_\_\_\_\_\_\_.

**NO TIME**

*(if time develop 3 sentences to deliver on your chosen subject)*

***REFLECTION SHEET***

***(in language books)***

*3 things I learnt about posture today*

*Breathe*

Body straight   
Look confident  
look up,

No shifty eyes!

stand with feet slightly apart, shoulders relaxed

Relax and wait

Don’t fiddle, swing or shuffle

If you have a paper, don’t hold it in front of your face

Face front

(oh and don’t put your hands in your pockets)

http://www.artofcommunicating.com.au/public\_speaking%20tips/vocal\_warmup\_speaking.html

Lesson 2

**Focus. Mechanics**

What do you remember from last week?

*Main elements..fiddle, shifty eyes, swinging, speaking clearly looking up, projecting*

Warm -Up-Exercising the voice -Breathing, sounds high and low, loud and soft (talk about dynamics

1. Find your balance. Experience your body at this moment.
2. Spine roll
3. Loosen shoulders
4. Make contact with your breath. Hand on stomach, blow breath out in a strong, steady, continuous stream. Each time you recover the breath, notice the expansion in the stomach area 3 x
5. Hand still on stomach, say *hah, hah, hah* 3 x
6. Stretch to open ribs
7. Hum for 1 minute
8. Loosen jaw. Chew. Place two fingers between the teeth and say *goo gah, gee gah, gay gah.* Remove fingers and say this again retaining the sense of space in the mouth.
9. Flutter through lips. Say *Billy Buttons bought a big bunch of beautiful bananas.*
10. Have a big yawn, stretch and say *hey* or *hi.*
11. Imagine you are bouncing a ball with your hand and say *huh huh.* Now bounce the ball to different parts of the room and as you do so play with the range of your voice.

Mechanics of the voice. Discussion-

How do our voices work? How do we make sounds?

Look at diagram of the voice box

<https://www.youtube.com/watch?v=R17yH0GSDvA>

<http://totalvoice.net/howthevoiceworks.html> (voice mechanics )