Name: _____ Year:_____ Date: _____

Proper Posture and Ways of Playing the Flute

A. Choose the Correct Answer

_____1. Why is proper posture important when playing the flute?

a. It helps us play comfortably and correctly.

b. It makes the flute heavier.

c. It makes us play faster.

_____2. How should your back be when playing the flute?

a. Leaning to one side

b. Bent forward

c. Straight and relaxed

_____3. When standing, where should your feet be?

a. Crossed together

b. Firmly on the floor

c. Raised from the floor

_____4. How should you hold the flute?

a. With only one hand

b. Very tightly

c. Carefully and in the correct position

_____5. What should your shoulders be like while playing?

a. Relaxed

b. Raised

c. Very stiff

B. True or False

_____6. Good posture can help a player breathe properly.

_____7. A player should bend too much while playing the flute.

_____8. The fingers should be placed correctly over the flute holes or keys.

_____9. The flute should be handled with care.

_____10. A player should keep the body relaxed while playing.

C. Fill in the Blanks

Word Bank:

straight | fingers | breathing | relaxed | carefully

11. Keep your back _____ when playing the flute.

12. Keep your shoulders _____ and comfortable.

13. Proper posture helps with good _____.

14. Use your _____ to cover the correct holes or keys.

15. Hold and carry the flute _____ to avoid damaging it.

LIVEWORKSHEETS