

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.