

's

Practice Booklet Quarter 1



Warm-Up Techniques

1. Long Tones
2. Lip slurs for brass, arpeggios for WW, hand patterns for percussion
3. Major Scales

Practice Ideas

4. Say the rhythm with rhythm syllables (du, du-de, ect...) without accompaniment
5. Say the rhythm with rhythm syllables (du, du-de, ect...) with accompaniment
6. Say the note names without accompaniment
7. Say the note names with accompaniment
8. Play the rhythm of the song on just one note
9. Play 2 measures at a time
10. Play the first half of the song
11. Play the second half of the song
12. "Backwards chaining" - play the LAST measure of the song. Then, play the LAST TWO measures of the song. Continue adding a measure until you have played the whole song from the beginning.
13. Play the full song, with correct rhythms and pitches 3 times
14. Play the full song with correct rhythms and pitches with accompaniment
15. Play the song *very slow*

**REMEMBER: Make the best sounds possible on your instrument.
Perfect practice makes perfect!**

Goals for the Quarter

Current abilities

What's the lowest note you can successfully play?

What's the highest note you can successfully play?

Rate your tone quality, with 1 being developing and 5 being mastery: 1 2 3 4 5

Rate your hand position, with 1 being developing and 5 being mastery: 1 2 3 4 5

Rate your tuning, with 1 being developing and 5 being mastery: 1 2 3 4 5

Rate your rhythm counting, with 1 being developing and 5 being mastery: 1 2 3 4 5

What's the most difficult song you know how to play?

My favorite song to play is:

I practice _____ minutes a week

I know _____ scales

What I want to be able to do by the end of the year:

What's the lowest note you want to play?

What's the highest note you want to play?

Song(s) you want to learn how to play:

I want to practice _____ hours a week

I want to know _____ scales

What achievements do you want to earn?

I am excited about:

Teacher Goal for Lesson ____: _____

Before Practice

Date_____ Daily Goal: _____

What techniques did you use while practicing to achieve this goal? _____

After Practice

Did you reach your goal? YES NO

If no, what will you try next time? _____

Before Practice

Date_____ Daily Goal: _____

What techniques did you use while practicing to achieve this goal? _____

After practice

Did you reach your goal? YES NO

If no, what will you try next time? _____

Before Practice

Date_____ Daily Goal: _____

What techniques did you use while practicing to achieve this goal? _____

After Practice

Did you reach your goal? YES NO

If no, what will you try next time? _____

Before Practice

Date_____ Daily Goal: _____

What techniques did you use while practicing to achieve this goal? _____

After practice

Did you reach your goal? YES NO

If no, what will you try next time? _____

What are you proud of achieving this week: _____
