Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instrumental Music Practice Chart

This practice chart was distributed on **\_\_\_\_\_\_\_\_\_\_\_\_\_**

This practice chart is due on **\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal:** Students will practice 100 minutes a week. You can exceed that number, but need to plan on WHEN you will practice and make sure you meet your weekly goal! This means you can choose to practice daily or spread it out over 5 days. For example: 20 minutes a day over 5 days will be 100 minutes. This will help you manage your time in other aspects of your school life.

**Practice Charts Guidelines, please read**

Please practice in this order:

1. Flashcards – use cards in order (line-space), then try to identify them in a skipping motion (For example, line-line-line would be C-E-G). Many students are receiving MORE flashcards for new notes we are learning!
2. Long tones – choose a low, familiar note that is comfortable to play. (Flutes use the headjoint, brass players may use their mouthpieces only) Play this note on one breath with a good tone. Do this in increments of 4 (for example: 4 counts, 8 counts, 12 counts, 16 counts, 20 counts). Start with this familiar note and then try to do the same with 5 notes below that starting pitch (For example, if you start with Bb, proceed to A, G, F, and Eb. Use the fingering chart in the back of your book).

**Long tones for strings:** Play your open strings down for 2/ up for 2, then down for 4/up for 4. You can also play down for 2/up for 2, then down for 4/up for 4 on all notes of your D scale.

1. Simple Songs for Warming up: use pages 4-8 in your book for this.
2. New Material – This is what you worked on in lessons this week as well as any concert music given to you. Please write in the space what your new material is:
3. Something fun! Play something out of your book that is easy.
4. Cool down/reflection: Circle areas that need to be worked on in the future.

Directions: Please CHECK off each item each day you practice. You want to get in the habit of practicing in this order. For example, if you drilled flash cards, draw a check in that box for the appropriate day. There is no need to write down the number of minutes to spend on flashcards. At the end of your practice session, record the number of minutes you practiced. If you did not practice day, write down the number zero. Please get in the habit of writing something on the chart daily. Have your parents sign the chart before turning it in on **the due day. (Seventh District charts are due on Mondays while Prettyboy charts are due on Thursdays).**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Flashcards |  |  |  |  |  |  |  |
| Long tones |  |  |  |  |  |  |  |
| Scales |  |  |  |  |  |  |  |
| Simple Songs |  |  |  |  |  |  |  |
| New Material |  |  |  |  |  |  |  |
| Something fun for cool down |  |  |  |  |  |  |  |
| Cool down/reflection |  |  |  |  |  |  |  |
| Number of minutes practiced |  |  |  |  |  |  |  |

Student name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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