



Carson Middle School Band – Beginning Band

Goal-Based Practice Chart



***Due online by Fri, 9/28/18. 30 boxes required this week. Click Here to Submit.**

**Posture/Position: During every practice time make sure you are sitting tall, on the edge of your chair. Be sure you are holding your instrument as described in class.*

**Practicing Ahead: Practicing ahead is always okay, as long as you can play everything on this page first.*

Practice Element	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
A) Fundamentals and Review	Take this treble clef quiz. Take this bass clef quiz.	Watch this video about the instruments.	Click here and watch the videos under "Ready, Set, Play"	Click here and watch the videos under "First Sound"	Click here and play along with #2, 3, 4, and 5"	Click here and play along with #6, 7, and 8"	Click here and play along with #9, 10, and 11"
B) Review #6-11 in the method book with a metronome.	Remember to set embouchure, breathe, start note with tongue, and use steady air.	Remember to set embouchure, breathe, start note with tongue, and use steady air.	Remember to set embouchure, breathe, start note with tongue, and use steady air.	Remember to set embouchure, breathe, start note with tongue, and use steady air.	Having trouble? Reread page 5 or see Mr. Jacques at lunch.	Having trouble? Reread page 5 or see Mr. Jacques at lunch.	Having trouble? Reread page 5 or see Mr. Jacques at lunch.
C) Method Book: #12, 13, and 14 (A and B)	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Play through each one with a metronome.	Play through each one with a metronome.	Play through each one with a metronome.
D) Method Book: #15-18	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Use any below practice strategy to figure out how to count and play these.	Play through each one with a metronome.	Play through each one with a metronome.	Play through each one with a metronome.
E) Something fun! (Go further in the book, or find something else to play. Just be sure it sounds good).	Be sure you're holding your instrument correctly. Play and count with steady sound and rhythm.	Be sure you're holding your instrument correctly. Play and count with steady sound and rhythm.	Be sure you're holding your instrument correctly. Play and count with steady sound and rhythm.	Be sure you're playing slowly with a steady sound and rhythm. Are you sitting up nice and tall?	Be sure you're playing slowly with a steady sound and rhythm. Are you sitting up nice and tall?	Does it sound good? Are you holding/playing instrument correctly?	Does it sound good? Are you holding/playing instrument correctly?

Practice Strategies:

- **Slo-Mo!** = Play each section as slow as you can and make sure every note is perfect. Speed it up once you can play it well.
- **Divide & Conquer** = Split the song into small chunks and fix each chunk individually. Gradually put them back together.
- **Get some lead on it!** = Use your pencil to write in a note or marking you keep missing (don't write them all in!).
- **3rd time's a charm** = Play each measure/section/song perfectly 3 times before moving on (restart each time you mess up).
- **Fingers/Notes** = Do the fingerings and say the notes WITHOUT playing.
- **Tongue & Fingers** = Say the tonguing and do the fingerings WITHOUT playing.
- **Sing it!** = Sing through the melody either with or without your instrument.
- **Karaoke** = Your book comes with audio tracks you can play along with!
- **Forget about it!** = Go back to a song you can play really well, and then come back to the one you're having trouble with.

Grading:

A new assignment will be given every week and is due the following week. Every practice session, students cross off or enter the number of completed goals in their practice log. 30 completed goals in a regular week are considered a 100% and anything above that is counted for extra credit (*up to 42*). The number of boxes completed is graded as a percent of 30 (ex: 25 boxes complete would be $25/30 = .833 = 83\%$). It should take 15-25 minutes to complete one column of practice (one day) above. **Practice time will be submitted electronically** by visiting the 'Practice Logs' section of the band website. <http://www.cmsbands.org>