



Carson Middle School Band – Advanced

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.*

Practice Element	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
A) Lip Slurs using notes in Lip Benders 3 (Use each group of 3 notes. Each sequence should sound a half step lower)	Create a pattern using only quarter notes. Perc. – Street Beats #1	Create a pattern using only quarter notes. Perc. – Street Beats #1	Create a pattern using only quarter notes. Perc. – Street Beats #2	Create a pattern using quarter and eighth notes. Perc. – Street Beats #2	Create a pattern using quarter and eighth notes. Perc. – Memorize Street Beats	Create a pattern using quarter and eighth notes. Perc. – Memorize Street Beats	Create a pattern using quarter and eighth notes. Perc. – Memorize Street Beats
B) Method Book: #36-49	Play major scales at slow tempo and make sure you're not making mistakes	Take the hardest ones at a slower tempo.	Practice the tone builders at a slow tempo.	Take the hardest ones at a slightly faster tempo.	Practice the hardest ones at a medium tempo.	Play through the hardest ones at a medium tempo.	Can you play through all these with no note/rhythm errors?
C) American Spirit March (More Fun)	Slowly work the roughest sections of the song.	Slowly work the roughest sections of the song.	Start increasing the tempo of the rough sections. Do not go faster than your fingers!	Working in phrases, memorize sections of the song.	Working in phrases, memorize sections of this song.	Can you play through this arrangement from memory?	Can you play through this arrangement from memory?
D) Due North	Use a metronome to play through phrases (play rests accurately)	Use a metronome to play through phrases (play rests accurately)	Use a metronome to play through phrases (play rests accurately)	Double check any rough sections.	Double check any rough sections.	Double check any rough sections.	Can you play along to the recording? Mark rough spots for next week.
E) Remember Me	Listen to the recording!	Work phrases with a slow tempo. Use 2 practice strategies of your choice.	Work phrases with a slow tempo. Use 2 practice strategies of your choice.	Work phrases with a slow tempo. Use 2 practice strategies of your choice.	Work phrases with a slow tempo. Use 2 practice strategies of your choice.	Work phrases with a slow tempo. Use 2 practice strategies of your choice.	Work phrases with a slow tempo. Use 2 practice strategies of your choice.

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.