



Depoali Middle School Band

Goal-Based Practice Chart



**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) Long Tones/ Warm-Up _____ | Play slowly with your best sound. | Breathe deeply and keep a steady stream of air moving through your instrument. | Play slowly with your best sound. | Breathe deeply and keep a steady stream of air moving through your instrument. | Play slowly with your best sound. | Breathe deeply and keep a steady stream of air moving through your instrument. | Play slowly with your best sound. |
| B) Scales _____ | Play slowly once; fix any probs, then at a medium tempo. | Play slowly once, then once at a medium tempo. | Play 2X at a medium tempo. | Play 2X at a medium tempo and once at a fast tempo. | Play 2X at a medium tempo and once at a fast tempo. | Play once at a medium tempo and once at a fast tempo. | Play 2X at tempos of your choosing. |
| C) Exercise _____ | Do fingers/notes 1X, then play slowly 2X | Do tongue & fingers 1X, then play slowly 2X | Play slowly, use 1 practice strategy then play at a comfortable tempo 1X | Play at a slow tempo then a medium tempo 2X. | Play 2X at a medium tempo. | Play 2X at a medium tempo and once at a fast tempo. | Play a song of your choice at two different tempos. |
| D) Exercise _____ | Practice using 2 different practice strategies. Run 1X. | Practice using one practice strategy. Run again. | Play slowly, fix any prob spots, play at a comfortable tempo 1X | Play at a slow tempo then a medium tempo 2X. | Play 2X at a medium tempo. | Play 2X at a medium tempo and once at a fast tempo. | Play a song of your choice at two different tempos. |
| E) Exercise _____ | Practice using 2 different practice strategies. Run 1X. | Practice using one practice strategy. Run again. | Play slowly, fix any prob spots, play at a comfortable tempo 1X | Play at a slow tempo then a medium tempo 2X. | Play 2X at a medium tempo. | Play 2X at a medium tempo and once at a fast tempo. | Play a song of your choice at two different tempos. |
| F) Exercise _____ | Look at symbols around the notes and play once slowly making sure to observe these. Run again slowly | Remind yourself of symbols. Practice using 2 different practice strategies. Run 1X. | Play slowly, fix any prob spots, play at a comfortable tempo 2X | Play at a slow tempo then a medium tempo 2X. | Play 2X at a medium tempo. | Play 2X at a medium tempo and once at a faster tempo. | Play a song of your choice at two different tempos. |

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 a CD that has a smart music program and song 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 is given every week and is due by the end of school the following week. **Practice time will be submitted electronically** by visiting the 'Practice Assignments' section of the band website. Every practice session, students enter the number of completed goals in their practice log. 30 completed goals in a 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 $25/30 = .833 = 83\%$). www.depoaliband.weebly.com