

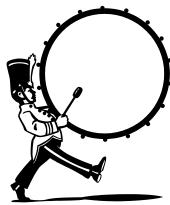
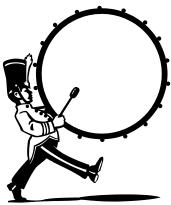
Name _____

Period _____

Date Assigned: 9/8/14 – Log 2(Advanced)

Boxes Completed _____

Date Submitted _____



Depoali Middle School Band – Advanced Band

Goal-Based Practice Chart

***Due online by Monday, 9/15/14. 30 boxes required this week.**

***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) 87 & 88 (Perc- snare)	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) 163 & 171 (perc- keys)	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) 12 (perc-snare)	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) 13 (perc-keys)	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) 'Mustang Fight Song': Beg – 1st ending AND 'Imperial March' (perc – snare)	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) 'Imperium' – measures 1-35 AND 'Mission Impossible'	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 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. www.depoaliband.weebly.com