

Intermediate Band 3/20/20 (blue day)

GOOD PRACTICE HABITS:

- Practice regularly, 30-45 minutes per day
- Use good posture, standing is good!
- Use a music stand, tape/pin music to wall, etc.
- Use a metronome (smart phone app, or, free online "<https://www.metronomeonline.com/>"), or Tap/Count.
- Rehearse each exercise 3-5 times each
- Rehearse at a slow enough tempo where you can play the correct notes, rhythm, articulation, at a steady tempo, then speed up
- Start with an easy warm-up, focus on breathing, good articulations, tone quality
- Warm-up with long tones/scales - Concert C, F, Bb, Eb, Ab, and Chromatic Scales
- Tune
- Rehearse new technical exercises (method book), review old technical exercises
- Rehearse new concert literature sections (8-16 measures a day), review old sections
- Rehearse finished concert literature sections
- Work on something you want (pop music, movie tunes, etc.)

LESSON PLAN: (designed to maintain as close to possible a normal music experience)

1. Play scales per usual, Concert C, F, Bb, Eb, and Ab at 92 beats per minute.
2. Play Chromatic Scale, tongued, using an eighth note pulse, 84 beats per minute (BPM).
3. If you have a tuner (get a free/cheap app.) tune to individual tuning notes (long tone page)
4. **Master (performance level)** Standard of Excellence line #107, play (3) times, slow, medium, fast (72, 84, and 96 BPM).
5. **Review (improve)** Standard of Excellence line #108, play (3) times, slow, medium, fast (72, 84, and 96 BPM).
6. **Teach (examine and learn)** Standard of Excellence line #109, play (3) times, slow, med., fast (72, 84, 92, BPB). Review and observe repeats, tempo marking (andante), 1st/2nd endings, and DC.
7. Listen to "[House Divided](#)" on [JW Pepper](#) or [SmartMusic](#), and/or play "House Divided".
8. Spend time working on what you want, including pop tunes, movie stuff, etc.

For Students unable to practice at home: (Designed to keep you connected to music)

Using JW Pepper or Smart Music, listen to and follow the score for our concert literature. You can watch; your part, how your part fits with other instruments, for groupings of instruments, how your part fits the percussion, etc. You can also search for possible pieces for us to play in the future. Email me recommendations via email "mdivita@lvjUSD.org"

Resources:

Smart Music (<https://www.smartmusic.com/>) is offering free subscriptions through 6/30/20. Great program. Standard of Excellence, Books 1,2,and 3, as well as most, if not all our concert literature, is on it.

JW Pepper (<https://www.jwpepper.com/sheet-music/welcome.jsp>) has free recordings of all our concert literature. If you are having problems understanding a rhythm, tempo, technique, etc., it might be helpful. Feel free to search for new pieces!

Muscore (<https://muscore.com/>) lots of sheet music free to download or play right off your screen.