

Intermediate Band 3/30/20 (blue day)  
Please fill out your Daily Music Activity Log everyday.

### **LESSON PLAN:**

#### **Warm-up:**

1. Using the notes from your Concert Bb scale, improvise (create on the spot) a simple melody. Do not write down, internalize.
2. Using from the Major Scale Exercise booklet, in Concert C (your D Major), play lines 6-ABC. Play at 132 bpm. Check the key signature and slur.

#### **Scales and Rhythms:**

3. Play scales per usual, Concert C, F, Bb, Eb, and Ab at 92 beats per minute.
4. Play Chromatic Scale, slurred, using a triplet pulse, 72 beats per minute (BPM).
5. Using the Rhythm Charts emailed on 3/28, play Chart 10, line #1. Use the notes from your Concert Bb Scale. Use one note per measure as you ascend (go up the scale). Repeat the rhythm pattern while going down the scale. Play at 112 bpm.
6. If you have a tuner (get a free/cheap app.) tune to individual tuning notes (long tone page)

#### **Method Book:**

1. **Master (performance level)** Standard of Excellence line #111, Play at 108 bpm. Make music.
2. **Review (improve)** Standard of Excellence line #112 (triplets, 3/8), divide the beat into three equal parts. For 3/8, count 1,2,3. For triplets, count 1-la-le. Tap a steady beat and count. Start very slow.
3. **Teach (examine and learn)** Standard of Excellence line #113, In Concert C. Be precise with the triplet subdivision. Use a metronome set on triplet, or, multiple the quarter note pulse by (3) to get the triplet eighth note pulse. As you speed up, set the metronome to 2/4, start at 80 bpm, and work up to 120 bpm.

#### **Concert Literature:**

4. Listen to Conquest on [JW Pepper](#) and play through.
5. **Master** ms. #38-47. Play musically.
6. **Review** ms. #47-58. Start slowly, focus on articulations and traps (variations on previous phrase).
7. **Learn** ms. #22-38. Be careful, the quarter notes are on the beat, but because of all the syncopation, you are going to want to play the 2<sup>nd</sup> quarter note early (syncopated). Check your key signature and accidentals. Watch the dynamics at 22 and 30.
8. Listen and Play through Maelstrom
9. Spend time working on what you want, including pop tunes, Smartmusic, movie stuff, etc. Let me know if you are playing or working on something interesting.

### **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.)

### **For Students unable to practice at home:**

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!

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