**Herz Middle School Band**





*Goal-Based Practice Log #3:*  Assigned: *11/12/2024*

***Due Monday, November 18th, 2024. Minimum 3 practice sessions this week.***

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| **Practice Goals** | **Practice Log** | **Goal #1/ Warm-up:** | **Goal 2:** | **Goal 3:** | **Goal 4:** | **Goal 5:** |
| **Beginning Band:**1. Warm-up: Foundations #2: Long tones, tonguing practice, skip a note
2. #39
3. #40
4. *First Holiday Fanfare*
5. *Winter Medley*

**Int. Band:**1. Warm-up: pg. 40, Bb #s 1 & 2
2. #67
3. #69
4. *Greensleeves*
5. *Dark Adventure*

**Adv. Band:**1. Warm-up: Concert Ab Major Scale
2. #40
3. #43
4. *The Polar Express*
5. *Banks and Braes*
 | **Practice Session #1:** | Play each note slowly with your best sound. | Do fingers/notes 1X, then play slowly 2X | Breathe deeply and keep a steady stream of air moving through your instrument. | Play each note slowly with your best sound. | Do fingers/notes 1X, then play slowly 2X |
| **Practice Session #2:** | Play each note slowly once; fix any probs, then at a medium tempo. | Do tongue & fingers 1X, then play slowly 2X | Play slowly, fix any prob spots, play at a comfortable tempo 1X | Practice using 2 different practice strategies. Run 1X. | Play at a slow tempo then a medium tempo 2X. |
| **Practice Session #3:** | Breathe deeply and keep a steady stream of air moving through your instrument. | Practice using one practice strategy. Run again. | Do tongue & fingers 1X, then play slowly 2X | Play at a slow tempo then a medium tempo 2X. | Practice using one practice strategy. Run again. |
| **Practice Sesson #4:** | Play each note slowly with your best sound.  | Play at a slow tempo then a medium tempo 2X. | Practice using one practice strategy. Run again. | Play 2X at a medium tempo and once at a fast tempo. | Play slowly once; fix any probs, then at a medium tempo |
| **Practice Session #5:** | Play 2X at a medium tempo. | Play slowly, fix any prob spots, play at a comfortable tempo 2X | Play at a slow tempo then a medium tempo 2X. | Play slowly once; fix any probs, then at a medium tempo | Practice using one practice strategy. Run again. |

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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 online streaming practice tracks you can sing/play along with!