

Name \_\_\_\_\_  
Instrument \_\_\_\_\_

# SAMS Band/Orchestra PRACTICE RECORD

Day \_\_\_\_  
Marking Period \_\_\_\_

**Instructions:**

1. You must practice a minimum of 20 minutes for every day you record on this practice sheet (see note on back\*\*), but feel free to practice more as you will be tested on the goals! You may practice any combination of the goals during your practicing. Take the time to write in your lesson dates to help you keep track of where you are.
2. Each time you practice: write down the date, and then grade yourself on how well you are doing with each goal (see chart below\*\*). Practice grades are from one Cycle lesson to the next - so it may not be Sunday - Saturday.
3. At the end of the line (before each lesson) - have a parent sign to verify that you have practiced as indicated.

<p style="text-align: center;"><b><u>*Weekly Practice Grade</u></b></p> <p>A+ = 8 days (minimum 20 minutes each day)          A = 6 - 7 days (minimum 20 minutes each day)          B = 5 days (minimum 20 minutes each day)          C = 4 days (minimum 20 minutes each day)          D = 2 - 3 days (minimum 20 minutes each day)</p>	<p style="text-align: center;"><b><u>**Self Assessment Guide</u></b></p> <p style="text-align: center;"><i>Each time you practice - fill blocks with:</i></p> <p style="text-align: center;">I'm doing great! I know my music! = 😊          I'm getting better...working on it. = ✓          I'm really having trouble...but will keep working. = ✗</p>
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Goals for Lesson 1	<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td><td style="width: 12.5%;"></td> </tr> </table>											Parent Initials
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## Tools for Effective Practice Sessions at Home

Practice at home can make a tremendous impact on your playing ability if done properly! Have a good spot to practice free from distractions, and be sure to always have a pencil to correct mistakes! See info below to give you ideas on how to practice.

Parents: try to encourage your student in his/her practicing! Avoid being discouraging about how students sound when practicing, and ask for a performance!

### Natural Progression of Learning Music

*The following is a list that you can follow to learn your music most effectively. Each step builds on the previous ones. Please note that there is a whole lot more to music than just right notes and rhythms!*

Step 1: Practice the music to get the right notes/fingerings/pitches.

Step 2: Work toward correct rhythms with a steady beat.

Step 3: Concentrate on good tone and correct articulations.

Step 4: Add the dynamics and expression.

### Suggested Practice Tools

NOTES/FINGERINGS/PITCHES	RHYTHMS/STEADY BEAT	TONE/ARTICULATIONS
Work small chunks, then put together Start slow, then speed up 3 times in a row without a mistake Start in different spots	Count, clap, or sing it Write in beat lines or counts Tap your foot Take out slurs	Long tones Experiment with tongue placement Concentrate on embouchure Focus on breath control

### **\*\*\*Special Circumstances for Practice Record**

1. If you play a second instrument for the school (band/string) you will still fill in two charts...But you are only required to practice a minimum of 15 minutes (instead of 20) for each instrument.
2. If you play a school sport or are in the school musical - you may follow the 15 minute minimum during your season of play, but must return to the full 20 minutes when the season is over.
3. There are sometimes more than 8 days between lessons due to days off school or an extra weekend between lessons. If you keep practicing you can get extra credit, but you are not required to practice more days (the only exception may be during longer holiday breaks).