

JWMS Band Practice Card

Name _____

Period _____

Trimester ____ - ____

<i>Weekly Homework:</i>		
Long Tones	Scales	Exercises
Song(s)	Vocabulary	
Worksheet	Other	

Day	What did you work on? <small>Each day must be filled in to receive a grade.</small>	Check box if needed (counts as a C grade)	Amount of Time Practiced
Monday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Tuesday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Wednesday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Thursday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Friday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Saturday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Sunday		<input type="checkbox"/> Sick <input type="checkbox"/> Repair <small>Make sure to write 20 minutes in the box to the right if you were sick or instrument was being repaired.</small>	
Parent Signature: _____ <small>Required to receive a grade.</small>		Total Minutes <small>You must total to receive a grade.</small>	_____ minutes

<i>Beginning Band Rubric</i>		<i>Concert Band and Wind Ensemble Rubric</i>	
180+	A+	270+	A+
150-179	A-	180-269	A-
120-149	B-	150-179	B-
90-119	C-	120-149	C-
60-89	D-	90-119	D-
Below 59	F	Below 89	F

What should I practice?

Use the following as a guide for what to practice and how long you should practice it. Long tones or Scales should be used as a warm up. Long tones focus on your tone quality. Always use a full sound when practicing and focus on clearing up your tone when practicing long tones. Scales and Arpeggios are the major building block of music. Make sure you review them on a daily basis. I recommend spending about **5-10 minutes on Long Tones** and **10-20 minutes on scales**. From time to time you will be assigned **technical exercises**, when these are assigned practice them for **10-15 minutes**. Start at a slower tempo and gradually get faster. Finally use the last **20-40 minutes to practice songs** for band. Make sure to use your metronome and increase the tempos. Also make sure to focus on notes, rhythms, articulations, dynamics, pitch and mood. Make sure you are working towards mastery of all six areas. Any additional material your private teacher assigns should be practiced as well. They should instruct you on how long to practice their material.

Tips for Practicing/Rehearsing:

- Use a pencil to make corrections while practicing (keep at least 3 in your pencil pouch). Mark any flats, sharps or naturals that you are having problems with. Try to be as specific as possible with your pencil markings/corrections. Circle any areas that are difficult and practice those places first.
- Constantly check your hand and body posture when practicing. It is very important that you use a music stand to practice so that you can use your air and support correctly. Practice in front of a mirror to watch your posture in your hands and body.
- Always practice with a good tone quality. Practice all exercises and pieces at a mezzo forte (medium full) dynamic. Always produce a pretty sound on your instrument. Always make sure to support your air with your stomach muscles.
- Know the difference between “playing” and “practicing.” “**Playing**” means you are just running through the music and you don’t make any corrections. You don’t stop and fix mistakes. You have no goals for your practice session (except to watch the clock). “**Practicing**” means you have specific things you need to work on (notes/rhythms/articulations/dynamics/pitch/emotion). You stop and work on mistakes using the Four I’s Method (see below). You use a metronome (and tuner). You have specific goals of what you want to accomplish during your practice session. ***You will not become a better musician if you “play” your instrument, however, you will become a better musician if you “practice” your instrument.***
- Remember the **Four I’s of practicing**: **Identify** your problem area (where is the mistake), **Investigate** the problem (why did I make a mistake, how can I make it better), **Isolate** the difficult passage (practice the passage by itself at least 10 times correctly, musicians learn by repetition), **Incorporate** the difficult passage back into the section of the piece. When you can play through the section without any mistakes, go back to the beginning and play through the whole piece.
- **USE A METRONOME!** Start your piece at a slow tempo and gradually increase the tempo. Always start at a moderate and “clean” tempo. If you can’t play it at a tempo that you have chosen, drop the metronome down a notch or two. Don’t have a metronome, try www.metronomeonline.com
- Try to memorize your scales and music. Make sure to use your music when you are trying to memorize. If you don’t use music and look at it, you will end up memorizing your music incorrectly. Play the selection four times with music and then try one time without the music. Work in two to four measure sections (don’t try to memorize too big of a chunk of music). Repeat this cycle as many times as needed until the selection is memorized. Move on to the next section....
- When you are almost done with your practice session, go back to the beginning and play all of what you worked on that day. It’s a good way to review all of your work and progress!

What counts as practicing?

- **CLASS TIME DOES NOT COUNT AS PRACTICING.** Class time is used by the teacher to assess what you accomplished the previous day in your practice routine. Class time is used to find mistakes and fix them. Class time is used to create goals for learning. Class time is used to assign homework for that night. Practice at home, perform in the band room.
- **After school rehearsals/sectionals count as practicing on the practice card.** Any rehearsal after school counts as practicing. Any students who take private lessons may count their lesson time as practicing (if they'd like to).
- Students who have difficulty taking home their instrument or would like to practice during lunch, may come into the band room and practice during their lunch (I have my prep and lunch during periods 5 and 6. Sixth graders may ask to come in during their lunch which is period 4). All students need to have a pass to be in the band room during lunch time. If a student is found to be "playing" their instrument and not using their time correctly, they will be asked to leave and return to lunch. Please remember the difference between "playing" and "practicing."