

Name: _____

Period: _____ Dates **10/24-11/7**

WEEKLY PRACTICE: 30 Points (3 points per day)— You need to practice at least 20 min./day. Practice charts are due every Wed. so the practice week begins on Wed. and runs through the following Tues. For each box, write how long you practiced and what practice strategy you used for your practice session. You need to use at least 3 different practice strategies during the two-week span. **10 days are required.**

W	TH	F	S	SU	M	T
24 Time:	25	26	27	28	29	30
Practice Strategy:	_____	_____	_____	_____	_____	_____
31 Time:	1	2	3	4	5	6
Practice Strategy:	_____	_____	_____	_____	_____	_____

TOTAL TIME (3 hr 20 min = A) = _____

SCALES (5 points):

I will work on the _____ scale.

The notes to this scale are:

REFLECTION (15 Points):

On this practice chart I will learn _____.

Did you accomplish your goal? Yes No

If you accomplished your goal, explain how you did it. If you didn't, explain what you can do next time to meet your goal. Be specific. No one word answers!

WEEKLY REFLECTION AND GOAL SETTING: 20 Points—Spend a few thoughtful moments analyzing your goals and approach to this weeks practice sessions. BE SPECIFIC! Each week, create a measurable goal. Your goal should focus on specific fundamental concepts or a part of the music that you may be struggling with. Using some of the practice strategies listed, describe how you incorporated them, what worked and didn't work.

1. What was your weekly goal?	
2. How did you accomplish your goal or do you need to revise your goal to make it more achievable? Which strategies were most effective during this week? How did you use them?	
3. Evaluate this week's practicing? What did you improve on and what went well?	
4. What needs more work? (Next Week's Goal)	

LITERATURE [10 POINTS]
ONE DAY DURING THE 2 WEEK PERIOD

LITERATURE: 10 Points—Choose ONE practice session each practice period. Record the date you are writing about. List the pieces that you are preparing then choose one that you improved the most on such as a solo, small ensemble, or band piece we are playing in band class. Choose at least one practice strategy below to rehearse this piece. At the end of your practice time, think about how you sounded and circle how you did in each area.

PRACTICE STRATEGIES

<i>Rhythm</i>	<i>Notes</i>	<i>etc...</i>
Clap and count	Finger and say the note names	Record and listen
Simplify the rhythm	Bop it	Slow it down
Write out the counting	Play 3 times in a row perfectly	Use a metronome
Add on one note at a time	Chunking	Looping
Play rhythm on one pitch	Finger and sing the part	Work back to front

Choose one day that went VERY well and evaluate that practice session

Date:			
List the pieces you practiced today.	Titles of Pieces	Type of Music (Band, Solo etc.)	
What piece or section did you improve on most today?			
What was your goal/focus?			
Practice Strategies Used			
My TONE QUALITY was... (Percussion : TECHNIQUE)	OK	GOOD	EXCELLENT
My POSTURE was...	OK	GOOD	EXCELLENT
My CONCENTRATION was	OK	GOOD	EXCELLENT
My ability to play the NOTES and FINGERING was.... (Percussion: RUDIMENTS)	OK	GOOD	EXCELLENT
My ability to COUNT and PLAY THE RHYTHMS...	OK	GOOD	EXCELLENT
My attention to DYNAMIC CONTRASTS was.....	OK	GOOD	EXCELLENT
My attention to ARTICULATION was....	OK	GOOD	EXCELLENT
My attention to BREATHING and PHRASING was.... (Percussion: STICKING)	OK	GOOD	EXCELLENT
DAILY REFLECTION What did you do well on? What do you need more work on?			