**Fowler Beginning Band Practice Objectives**

3rd Week of School = September 3rd-8th

Student’s First and Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instrument: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Band Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Band Locker Number:\_\_\_\_\_\_\_\_\_

**This form is due with parent initials for a grade on Monday, Sept. 9th**

All practicing should be done in a straight backed chair (preferably a kitchen/dining room chair)

This Week: Practice NO MORE than 10 minutes per day, 4-5 days (no more than 5 days). **DO NOT** PRACTICE EVERY DAY THIS WEEK

Parents Initial after every home practice session.

Practice **does not** have to be every day, just initial on the days where the objectives were practiced.

Monday (Labor Day) Tuesday Wednesday Thursday Friday Saturday Sunday

Sept. 2 Sept. 3 Sept. 4 Sept 5 Sept. 6 Sept. 7 Sept. 8

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Initial Initial Initial Initial Initial Initial Initial

This week’s OBJECTIVES for each time you practice.

(1) Do these things THREE DAYS THIS WEEK (not every day):

* Open Case (on the floor)
* Put the Instrument together
* Proper Posture (The “Chant”)
* Proper Holding of the Instrument
* Breathing (keep air steady):

4 counts IN, 4 Counts OUT...............4 counts IN, 6 counts OUT

2 counts IN, 4 counts OUT……….1 count IN, 8-12 counts OUT

* Foot Tap with your Metronome (Momma-Daddy)

(2) Do this ONE or TWO DAYS THIS WEEK:

- Teach your Parents how to do EVERYTHING in the LIST in Object Number (1)!

- There are hints and tips to teach them on the back of this sheet.

- Model for them (show them what it is supposed to look like) and then have THEM do it.

Correct them if they do something wrong. Watch how they sit (teach them the “Chant”), instrument assembly and holding, breathing, and foot tap! YOU are their teacher! ☺

“Beat” set to “O” and set “Tempo” to 70

- Do the Master of the Alphabet (forwards **and backwards**)

A-B-C-D-E-F-G-A

B-C-D-E-F-G-A-B

C-D-E-F-G-A-B-C

D-E-F-G-A-B-C-D

WHAT TO REMEMBER TO TELL YOUR PARENTS WHEN YOU ARE TEACHING THEM (YOU NEED TO KNOW THIS TOO)

Open Case on the floor (brand label “up”)

Identify the parts of the instrument

Example Brass: Mouthpiece: Rim, cup, shank

Instrument: receiver, lead-pipe, valves,

slides, water key (Spit valve)

Put together the instrument:

Show proper posture

- Sit on the front 1/3 of the chair

- Feet flat (heels slightly in front of knees)

- Move lower spine towards your belly button

- Shoulders should be sloped and relaxed

- Neck is smooth and soft

- Head should float

- Jaw relaxed and teeth slightly separated

- Eyes are relaxed like watching TV

How to hold the instrument. (Examples vary by instrument)

- Relaxed elbows

-Hands in a separated “C” shape like holding a soda can

-“Finger prints” on the valve caps or over the holes

-NO death grips, no tension in fingers/ wrist/ arms

-Adjust everything to you (Ex. Sax neck strap height, neck of sax, & mouthpiece can adjust to go straight into your mouth without moving body or head)

-Check thumbs (ex. Clarinet must cover thumb hole with finger print left hand at 2 o’clock , thumb print on the wood under thumb hook right hand)

Show Proper Breathing

- Breathe through open mouth (no sipping, no nose)

-Air IN, and immediately back out (never hold it in)

-Shoulders do not move

-Breaths must be silent (no noise, gasping)

-Take in more air than you think you need.

Reed players: send the air right down the center of the reed.

Brass players: Send the air right down the center of the tongue

On the way out, the air hits the center of the back of the lips, and air never contacts the teeth, keep the back of the teeth open

Foot Tap

- Try to tap the foot opposite of what hand you write with.

- Heel should be slightly in front of the knee

- Keep heel on the floor as all times, and lift toe

- No bouncing the front of the foot off the floor

- Say “down” when your foot goes down and “up” when your foot goes up.

Use your Metronome: Beat: “O”, Tempo= 70