## **PRACTIC SHEET**

Name:

Homeroom Teacher:

✓ <u>Outcome 2.3</u> demonstrate responsibility in music making by preparing to fill your role in band.
 ✓ <u>Outcome 6.1</u>: independently overcome challenges encountered in the music you are preparing

Regular practice is an essential part of being a musician and preparing to support your band mates. Music becomes more rewarding, meaningful, and fun! Record what you are practicing below each day, and have a parent/guardian sign it. Grade 7s should set the goal of practicing a minimum of 75 minutes a cycle, grade 8s 90 minutes, and grade 9s 105 minutes. At the end of the cycle record your total practice time on the back, assess yourself on the rubric, and hand in this sheet to Mr. Reid.

Date	Warmup Buzzing and/or long tones Scale exercises and/or excellerators	Current/New Music	Just For Fun <ul> <li>Compose or Improvise</li> <li>Play Old Repertoire</li> <li>Learn something online</li> </ul>	Time Spent Practicing	Parent/Guardian Signature

## Total Practice Time:

## <u>Rubric</u>

Outcome	1	2	3	4	My Grade
	Not yet	Getting There	Met	Exemplary	
2.3 demonstrate responsibility in music making by preparing to fill your role in band.	I rarely practiced and did not develop my ability to fill my role in band. I grew very little in my ability to read and perform.	I sometimes practiced and developed some ability to fill my role. My ability to read and perform improved a bit.	I practiced on a regular basis and was usually able to fill my role in band. I developed my ability to read and perform music.	I practiced on a regular basis, and successfully filled my role in band. I developed my ability to read and expressively perform music.	
<u>6.1</u> : independently overcome challenges encountered in the music you are preparing	I overcame few challenges that I faced and struggle to perform with attention to detail.	I overcame some challenges that I faced. I have had some success performing the music I practiced with attention to detail.	I used strategies to overcome most challenges I faced. I can consistently perform the music I practiced with attention to detail.	I used a variety of strategies to overcome all of the challenges I faced. I can consistently perform these parts with great attention to expression and detail.	