



Band Virtual Learning

High School Band

April 6th, 2020



High School Band
Lesson: April 6th, 2020

Objective/Learning Target:

Students will learn an effective practice start up routine.

Let's Get Started with Basics:

Watch Video: [Posture, Breathing, and Sizzle](#)



Practice:

First let's do some breathing exercises

1. Start with checking your posture while seated in a chair. If it is possible, position yourself in front of a full-length mirror.
2. Take a deep breathe and hold for 4 counts
3. Next sizzle out the air for 4 counts.
4. Repeat the same exercise but increase the amount of counts 8, 12, etc.
5. It is important to sizzle your air for the same amount of counts that you held it for, one solid continuous sizzle.



Practice:

Next let's do a Remington Study exercise

[Remington Study Example Video](#)

1. Start on a Concert F.
2. Go down by $\frac{1}{2}$ steps and always return to the concert F
3. You will start with Concert F to Concert E and continue until you play Concert F to Concert B-flat
Example: F - E - F; F - Eb - F; F - D - F; etc
4. Start with half note - half note - whole note.
5. Think about Set - Breathe - Play. Pay attention to good attacks and releases.
6. Play with proper hand position.



Concert Pitch

Unsure about which note to start with? Take a look below.

- **Concert Pitched Instruments: Flutes, oboes, bassoon, trombone, baritone, tuba**
Concert F - you play F
- **Bb Instruments: Clarinets, Bass Clarinets, tenor saxophones, trumpets**
Concert F - you play G
- **Eb Instruments: Alto Saxophone, Baritone Saxophone**
Concert F - you play D
- **F Instruments: French Horn**
Concert F - you play C



First few notes

Double check that you're on the right path! You can also listen to/play along with the Example video in slide 3 to match pitch!

- **Concert Pitched Instruments:** Flutes, oboes, bassoon, trombone, baritone, tuba
F - E - F; F - Eb - F; F - D - F; etc.
- **Bb Instruments:** Clarinets, Bass Clarinets, tenor saxophones, trumpets
G - F# - G; G - F - G; G - E - G; etc.
- **Eb Instruments:** Alto Saxophone, Baritone Saxophone
D - C# - D; D - C - D; D - B - D; etc.
- **F Instruments:** French Horn
C - B - C; C - Bb - C; C - A - C; etc.



Practice:

Here is a play along video that starts on a Concert F and does the same Remington Study. Play along with a rhythm section.

[Concert F Remington play along](#)

Check yourself - How is your Posture? Is your back straight?
Is your hand position correct? Breathing Correctly?
Good Tone?

If you have a hard time focusing on this while playing, try recording yourself and listening back.



Additional Warm Up Thoughts:

Each Monday we will have more warm up exercises for you to put into your daily routine to help you stay in shape on your instruments!!

Keep working to create the best sound you can always!

If you are unclear on fingerings you can look them up in your book or go to the following link:

[Fingering Charts](#)



Band Virtual Learning

High School Percussion

April 6th, 2020



High School Percussion Lesson: April 6th, 2020

Objective/Learning Target:

Students will learn an effective practice start up routine.

Let's Get Started with Basics:

Watch Video:

[Review of Mallet Technique](#)

[Review of Snare Technique](#)



Practice: First let's do some mallet exercises

1. Make sure you start by centering your body in the correct place to allow for greater accuracy
2. Ensure that the mallets are starting and ending in the correct playing position
3. Play all major scales that you have learned up to this point (C and all flat scales for 6th grade, all 12 major scales for all other grades).
4. Use this link to remind you of the scale patterns we use:
[5-Minute Drill Scales](#)
5. Use the 5-minute drill accompaniment files if you have them to make practice more fun!



Practice: Next let's do some snare rudiments

1. Make sure you start and end with correct playing position
2. Use a metronome starting at 80 beats per minute and move it up in increments of 10 as you are able to do so (I usually turn on the 8th note subdivision). You could also play along with songs on the radio or with your other favorite music!

Free online metronome [HERE](#)

3. Play through Single Strokes, Double Strokes, Paradiddles, Flams, Flam Taps, Flam Accents, and Double Paradiddles in the rhythmic pyramid

(Quarter-Eighth-Sixteenth-Eighth-Quarter)

4. See the example video [HERE](#)



Additional Warm Up Thoughts:

Each Monday we will have more warm up exercises for you to put into your daily routine to help you stay in shape on your instruments!!

Keep working to play with the BEST technique possible!

Try your best to set aside time EVERY DAY for at least 15 minutes of practice. The skills we have learned will be lost if we don't continue working and refining them!!