



Band Virtual Learning

7th Grade Band

April 20th, 2020



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Lesson: April 20th, 2020

Objective/Learning Target:

Students will add elements to their daily warm-up routine.

Let's Get Started with a Quick Review:

Let's do our breathing exercises, Remington Studies and some scale work!



Review:

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 breath 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.

Click [HERE](#) for a video explanation!



Review:

Good Warm up routine should include:

Breathing exercises

Long Tone (April 6th lesson) - Remington Study

Scales - (April 13th lesson) Let's do - B flat concert, E flat concert, A flat concert, and F concert. You pick your own articulation pattern.



New: Flow Studies

Flow studies are something else we can add to our daily practice routine. They are great for working on air support and tone throughout the full range of your instrument. They are written for all instruments and move down chromatically. As always if you are unsure on fingerings, there is a fingering chart on the last page of this lesson. Double check your enharmonics.

Click for the [Cichowicz Flow Studies](#). Use the table of contents to find the pages for your instrument!



Practice:

1. See how you do with the Cichowicz flow studies.
2. For extra practice that is fun and different, you can also visit the [John McCallister Music](#) website with many play along exercises. Pick the key of your instrument and play along. The exercises are great for fundamental technique. Check out the articulation exercise!



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

[Fingering Charts](#)

Go Forth and Practice!!