



Band Virtual Learning

7th Grade Band

April 6th, 2020



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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](#)