

# Practice Sheet (6th-8th Grade)

Name \_\_\_\_\_

Practice Categories	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>1. <u>Warm-Up</u></b> <b>(2-5 minutes)</b>							
<b>Minutes</b>							
<b>2. <u>Technique</u></b> <b>(5-10 minutes)</b>							
<b>Minutes</b>							
<b>3. <u>Music Improvement</u></b> <b>(10-20 minutes)</b>							
<b>Minutes</b>							
<b>4. <u>Playing for Fun</u></b> <b>(5-10 minutes)</b>							
<b>Minutes</b>							
<b>5. <u>Performance</u></b>							
<b>Total Minutes</b>							

**Total Minutes Practiced** \_\_\_\_\_ **Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

\*Student forgeries will result in a zero and detention

**Instructions:**

- On the days that you practice, write what you did for each practice category (choose from the options below). Categories 1 & 3 are required; the others are optional.
- Provide the number of minutes you spent on each category, then give your total practice minutes for that day
- Add up your minutes and provide the total minutes practiced for the week (minimum 120 min. required)
- Have a parent/guardian sign your practice sheet and turn it in on Friday each week.

<b>1. <u>Warm-up Choices:</u></b> Lip Buzzing Mouthpiece Long Tones Known Scales Other (Explain)	<b>2. <u>Technique Choices:</u></b> New Scales Lip Slurs Intervals Book Technique Exercises Rudiments (percussion) Other (Explain)	<b>3. <u>Music Improvement Choices:</u></b> Book Assignment (given by Ms. Y) Book Song (chosen) Concert Music Other (Explain)	<b>4. <u>Playing for Fun:</u></b> Alternative music books (i.e. Disney, Star Wars, Pop, etc.) Create your own song Figure out a song on the radio Other (Explain)
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**Excellent Musicians Set Goals for Practice**

**Did you meet last week's goal? Explain**

  
  

**What would you like to accomplish this week?**