

## *POP (Personal Outside Practice)*

CRITERIA	A	B	C	D	E
<b>TIME &amp; EFFICIENCY</b>	<ul style="list-style-type: none"> <li>Total of 100 minutes or more over 5 days completed.</li> <li>Very efficient practice time.</li> </ul> <p style="text-align: center;"><b>Gold</b></p>	<ul style="list-style-type: none"> <li>Total of 80-99 minutes completed over 4 days.</li> <li>Total of 100 minutes or more completed over 3 days.</li> <li>Efficient practice time.</li> </ul> <p style="text-align: center;"><b>Silver</b></p>	<ul style="list-style-type: none"> <li>Total of 60-79 minutes completed over 3 days.</li> <li>Total of 80 minutes or more completed over 2 days.</li> <li>Somewhat efficient use of time.</li> </ul> <p style="text-align: center;"><b>Bronze</b></p>	<ul style="list-style-type: none"> <li>Total of 40-59 minutes completed over 2 days.</li> <li>Total of 60 minutes or more completed in one day.</li> <li>Somewhat inefficient use of time.</li> </ul> <p style="text-align: center;"><b>Didn't Platform</b></p>	<ul style="list-style-type: none"> <li>Total less than 39 minutes.</li> <li>Inefficient use of time.</li> </ul> <p style="text-align: center;"><b>Disqualified</b></p>
<b>MATERIALS</b>	<ul style="list-style-type: none"> <li>Practiced effectively working on <b>all</b> of the following: fundamentals, exercises, challenging excerpts from all class music.</li> </ul> <p style="text-align: center;"><b>Focused</b></p>	<ul style="list-style-type: none"> <li>Practiced efficiently working on <b>all</b> of the following: fundamentals, exercises, most class music.</li> </ul> <p style="text-align: center;"><b>Challenging</b></p>	<ul style="list-style-type: none"> <li>Practiced adequately working on <b>all</b> of the following: fundamentals, some class music.</li> </ul> <p style="text-align: center;"><b>Prepared</b></p>	<ul style="list-style-type: none"> <li>Practiced ineffectively working on <b>some</b> of the following: fundamentals, exercises, class music.</li> </ul> <p style="text-align: center;"><b>Going through the motions</b></p>	<ul style="list-style-type: none"> <li>Practiced inadequately working on only class music.</li> </ul> <p style="text-align: center;"><b>Goofing around</b></p>

### Calculate My Grade

A + A = 100	A + B = 94	A + C = 86	A + D = 80
B + B = 86	B + C = 80	B + D = 76	B + E = 68
C + C = 76	C + D = 70	C + E = 64	
D + D = 64	D + E = 60		E + E = 60

## Practice Makes Better!

All CLMS Band students are required to practice at least twenty minutes per night, at least five nights per week. Each students' Practice grade (Homework) will be the number of minutes practiced. Practice should be recorded on the POP but a planner, email or note will be accepted (must have grade and parent signature).

### What I Practice

- Sheet Music
- Scales – Circle of Fourths (Percussion: Rudiments)
- Book Exercises
- Fun stuff

### How do I Practice – Practice Toolbox

- Repetition
- Play-through
- Record yourself
- In front of a mirror
- *Practice the challenges!!*
- Woodshedding – Isolate a small section, slow it down, repeat while speeding up gradually until full tempo.
- Playing “Backward” – Start on the last phrase to the end. Next add the previous phrase. Play to the end each time.
- Raise the bar – practice slowly but work to achieve a higher tempo than necessary so the real tempo seems easy to you.
- Tizzle – with fingerings. This isolates rhythm.

### How Often Will I Practice – Practice Plan (it can vary each week but it is good to start with a plan)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	Grade
								A