

**10 Weeks of Solfa Program: WEEK 1 Checklist** Name: \_\_\_\_\_

TASK	Tick or write date	Tick or write date	Tick or write date	Tick or write date	Tick or write date	Tick or write date
<b>MELODY</b>						
Sing the Major scale in solfa with handsigns						
Sing C Major in LNs (letter names)						
Sing B, Major in LNs						
Sing E Major in LNs						
Sing the C Major melody in solfa with handsigns						
Sing the C Major melody in LNs						
Sing the B, Major melody in solfa with handsigns						
Sing the B, Major melody in LNs						
Sing the E Major melody in solfa with handsigns						
Sing the E Major melody in LNs						
<b>HARMONY</b>						
Sing the Major triad in solfa with handsigns						
Sing the Major and minor triads in solfa with handsigns						
Sing the Major, minor and diminished triads in solfa with handsigns						
Sing the Major, minor and diminished triads in solfa with handsigns, from the same bottom note						
Sing the Major, minor and diminished triads in solfa with handsigns, from the same bottom note and with intervals						
Sing the Major Triad Chord chart in solfa with handsigns						
<b>RHYTHM</b>						
Read simple time rhythm 1 with rhythm names and conducting						
Read simple time rhythm 2 with rhythm names and conducting						
Read simple time rhythm 3 with rhythm names and conducting						
Read compound time rhythm 1 with rhythm names and conducting						
Read compound time rhythm 2 with rhythm names and conducting						
Read compound time rhythm 3 with rhythm names and conducting						
<b>VIDEO ACTIVITY</b> (optional)	<b>Date completed</b>					
Video of yourself singing the Major scale in solfa with handsigns						

**10 Weeks of Solfa Program: WEEK 1 Self Evaluation Form**

<b>CONCEPT AREA</b>	<b>COMMENT REGARDING IMPROVEMENT</b>
<b>MELODY</b>	
<b>HARMONY</b>	
<b>RHYTHM</b>	
<b>VIDEO ACTIVITY</b> (optional)	