

2014 10 Weeks of Solfa Program: WEEK 1 Daily plan version (OPTIONAL!)

Week 1, Day 1

1. Sing the Major scale in solfa with handsigns

Suggested process:

- a. Watch the video through 3 times while practicing the handsigns with me
- b. Sing solfa of scale with handsigns 3 times while watching the video
- c. Practice 3 times fully watching video without sound

2. Sing C Major with letter names

Suggested process:

- a. Watch the video through once
- b. Sing letter names of scale twice while watching the video
- c. Practice twice watching video without sound

3. Major melody 1 – C Major in solfa with handsigns and with letter names

Suggested process:

- a. Watch the video of Major Melody 1 – solfa through once
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation only (no sound)
- d. Watch the video through once (0:42 to 1:11 for letter names only)
- e. Sing in letter names once with or without the video

4. Sing the Major triad in solfa with handsigns

Suggested process:

- a. Watch the video through once (up to 0:38)
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation (no sound)

5. Read Simple time rhythm 1 in rhythm names while conducting the beat

Suggested process:

- a. Watch the video through once (up to 0:22)
- b. Read rhythm names twice with the video while tapping the beat quietly.
- c. Repeat while conducting the beat.

6. Read Compound time rhythm 1 in rhythm names while conducting the pulse

Suggested process:

- a. Watch the video through once
- b. Read rhythm names twice with the video while tapping the pulse quietly.
- c. Repeat while conducting the pulse.

Week 1, Day 2

1. Sing the Major scale in solfa with handsigns

Suggested process:

- a. Sing solfa of scale with handsigns 3 times with the video
- b. Practice 3 times fully watching video without sound
- c. Sing every second note in your head (i.e. not out loud or using inner hearing)

2. Sing B₁ Major with letter names

Suggested process:

- a. Watch the video through once
- b. Sing letter names of scale twice while watching the video
- c. Practice twice watching video without sound

3. Major melody 2 – B₁ Major in solfa with handsigns and with letter names

Suggested process:

- a. Watch the video of Major Melody 2 – solfa through once
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation only (no sound)
- d. Watch the video through once for letter names
- e. Sing in letter names once with or without the video

4. Sing the Major and minor triads in solfa with handsigns

Suggested process:

- a. Watch the video through once
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation (no sound)

5. Read Simple time rhythm 2 in rhythm names while conducting the beat

Suggested process:

- a. Watch the video through once (up to 0:22)
- b. Read rhythm names twice with the video while tapping the beat quietly.
- c. Repeat while conducting the beat.

6. Read Compound time rhythm 2 in rhythm names while conducting the pulse

Suggested process:

- a. Watch the video through once
- b. Read rhythm names twice with the video while tapping the pulse quietly.
- c. Repeat while conducting the pulse.

Week 1, Day 3

1. Sing the Major scale in solfa with handsigns

Suggested process:

- a. Sing solfa of scale with handsigns once while watching the video
- b. Practice 3 times fully watching video without sound
- c. Sing the scale in solfa with handsigns with the following sequence: drmd, rmfr, mfsm etc

2. Sing E Major with letter names

Suggested process:

- a. Watch the video through once
- b. Sing letter names of scale twice while watching the video
- c. Practice twice watching video without sound

3. Major melody 3 – E Major in solfa with handsigns and with letter names

Suggested process:

- a. Watch the video of Major Melody 3 – solfa through once
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation only (no sound)
- d. Watch the video through once for letter names
- e. Sing in letter names once with or without the video

4. Sing the Major, minor and diminished triads in solfa with handsigns

Suggested process:

- a. Watch the video through once
- b. Sing in solfa with handsigns twice with the video
- c. Practice twice with music notation (no sound)

5. Read Simple time rhythm 3 in rhythm names while conducting the beat

Suggested process:

- a. Watch the video through once (up to 0:22)
- b. Read rhythm names twice with the video while tapping the beat quietly.
- c. Repeat while conducting the beat.

6. Read Compound time rhythm 3 in rhythm names while conducting the pulse


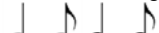
Suggested process:

- a. Watch the video through once
- b. Read rhythm names twice with the video while tapping the pulse quietly.
- c. Repeat while conducting the pulse.

Week 1, Day 4

1. Sing the Major scale in solfa with handsigns

Suggested process:

- Practice twice fully watching video without sound
- Sing scale in solfa with handsigns in this rhythm:  for one note while conducting the beat in 2 metre e.g. 

d d r r etc

2. Sing C Major with letter names

Suggested process:

- Sing letter names of scale once with the video
- Practice twice watching video without sound
- Repeat step b. from 1. above.

3. Major melody 1 – C Major in solfa with handsigns and with letter names

Suggested process:

- Sing in solfa and in letter names with handsigns once with the video
- Practice twice with music notation only (no sound)
- Sing twice from memory

4. Sing the Major, minor & diminished triads in solfa with handsigns and from the same bottom note

Suggested process:

- Watch the video through once
- Sing in solfa with handsigns twice with the video
- Practice twice with music notation (no sound)

5. Sing the triad chart in a Major scale in solfa with handsigns

Suggested process:

- Watch the video through once
- Sing in solfa with handsigns 3 times with the video

6. Read Simple time rhythm 1 in rhythm names while conducting the beat

Suggested process:

- Watch the video through once
- Read rhythm names twice with the video while conducting the beat.
- Read with rhythm names inner hearing all the semiquavers while conducting the beat.

7. Read Compound time rhythm 1 in rhythm names while conducting the pulse



Suggested process:

- Watch the video through once
- Read rhythm names twice with the video while conducting the pulse.
- Read with rhythm names inner hearing all the semiquavers while conducting the pulse.

Week 1, Day 5

1. Sing the Major scale in solfa with handsigns

Suggested process:

- Practice twice fully watching video without sound
- Sing scale in solfa with handsigns in this rhythm:  for each note while conducting the beat in 4 metre e.g. 

d r m f etc

2. Sing B_♭ Major with letter names

Suggested process:

- Sing letter names of scale once with the video
- Practice twice watching video without sound
- Repeat step b. from 1. above.

3. Major melody 2 – B_♭ Major in solfa with handsigns and with letter names

Suggested process:

- Sing in solfa and in letter names with handsigns once with the video
- Practice twice with music notation only (no sound)
- Sing twice from memory

4. Sing the Major, minor & diminished triads in solfa with handsigns, from the same bottom note and with intervals

Suggested process:

- Watch the video through once
- Sing in solfa with handsigns twice with the video
- Practice twice with music notation (no sound)

5. Sing the triad chart in a Major scale in solfa with handsigns

Suggested process:

- Sing in solfa with handsigns 3 times with the video

6. Read Simple time rhythm 2 in rhythm names while conducting the beat

Suggested process:

- Watch the video through once
- Read rhythm names twice with the video while conducting the beat.
- Read with rhythm names inner hearing all the quavers while conducting the beat.

7. Read Compound time rhythm 2 in rhythm names while conducting the pulse

Suggested process:

- Watch the video through once
- Read rhythm names twice with the video while conducting the beat.
- Read with rhythm names inner hearing all the quavers while conducting the beat.

Week 1, Day 6

1. Sing the Major scale in solfa with handsigns

Suggested process:

- Practice twice fully watching video without sound
- Sing scale in solfa with handsigns in 6/8 while conducting the beat in pulses e.g.



2. Sing E Major with letter names

Suggested process:

- Sing letter names of scale once with the video
- Practice twice watching video without sound
- Repeat step b. from 1. above.

3. Major melody 3 – E Major in solfa with handsigns and with letter names

Suggested process:

- Sing in solfa and in letter names with handsigns once with the video
- Practice twice with music notation only (no sound)
- Sing twice from memory

4. Sing the Major, minor & diminished triads in solfa with handsigns, from the same bottom note and with intervals

Suggested process:

- Watch the video through once
- Sing in solfa with handsigns twice with the video
- Practice twice with music notation (no sound)

5. Sing the triad chart in a Major scale in solfa with handsigns

Suggested process:

- Sing in solfa with handsigns 3 times with the video.

6. Read Simple time rhythm 3 in rhythm names while conducting the beat

Suggested process:

- Watch the video through once
- Read rhythm names twice with the video while conducting the beat.
- Repeat from memory.

7. Read Compound time rhythm 3 in rhythm names while conducting the pulse

- Watch the video through once
- Read rhythm names twice with the video while conducting the pulse.
- Repeat from memory.

Week 1, Day 7

- VIDEO and/or
- SELF ASSESSMENT and/or
- REVISION and/or
- CATCH UP DAY