

2015 10 Weeks of Solfa Program: WEEK 2 Daily plan version (OPTIONAL!)

Week 2, Day 1

1. Sing the melodic minor 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 E melodic minor 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. Melodic minor melody 1 – E melodic minor in solfa with handsigns and with letter names Suggested process:
 - a. Watch the video of melodic minor 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 – letter names
 - e. Sing in letter names once with or without the video

4. Sing the Augmented 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. Sing the triad chart in a harmonic minor scale in solfa with handsigns
Suggested process:
 - a. Watch the video through once
 - b. Sing in solfa with handsigns 3 times with the video

6. Read Simple time rhythm 4 in rhythm names while conducting the beat
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while tapping the beat quietly.
 - c. Repeat while conducting the beat.

7. Read Compound time rhythm 4 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 2, Day 2

1. Sing the melodic minor 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 third note in your head (i.e. not out loud or using inner hearing)

2. Sing G melodic minor 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. Melodic minor melody 2 – G melodic minor in solfa with handsigns and with letter names Suggested process:
 - a. Watch the video of melodic minor 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 – letter names
 - e. Sing in letter names once with or without the video

4. Sing the Major, minor, diminished and Augmented triads in solfa with handsigns and with intervals
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. Sing the triad chart in a harmonic minor scale in solfa with handsigns Suggested process:
 - a. Sing in solfa with handsigns 3 times with the video

6. Read Simple time rhythm 5 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.

7. Read Compound time rhythm 5 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 3, Day 3

1. Sing the melodic minor 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: l, t, d t, l, etc

2. Sing F# melodic minor 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. Melodic minor melody 3 – F# melodic minor in solfa with handsigns and with letter names Suggested process:
 - d. Watch the video of melodic minor melody 2 – solfa through once
 - e. Sing in solfa with handsigns twice with the video
 - f. Practice twice with music notation only (no sound)
 - g. Watch the video through once – letter names
 - h. Sing in letter names once with or without the video



4. Sing the Major, minor, diminished & Augmented triads in solfa with handsigns, from the same bottom note and with intervals
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. Sing the triad chart in a harmonic minor scale in solfa with handsigns Suggested process:
 - a. Sing in solfa with handsigns 3 times with the video


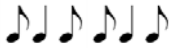
6. Read Simple time rhythm 6 in rhythm names while conducting the beat
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while tapping the beat quietly.
 - c. Repeat while conducting the beat.

7. Read Compound time rhythm 6 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 2, Day 4

1. Sing the melodic minor scale in solfa with handsigns
Suggested process:
 - a. Practice twice fully watching video without sound
 - b. Sing scale in solfa with handsigns in this rhythm:  for one note while conducting the beat in 2 metre e.g. 
l, l, l, t, t, t, etc
2. Sing E melodic minor with letter names
Suggested process:
 - a. Sing letter names of scale once with the video
 - b. Practice twice watching video without sound
 - c. Repeat step b. from 1. above.
3. Melodic minor melody 1 – E melodic minor in solfa with handsigns and with letter names
Suggested process:
 - a. Sing in solfa with handsigns and in letter names once with the video
 - b. Practice twice with music notation only (no sound)
 - c. Sing twice from memory
4. Sing the Major, minor, diminished & Augmented triads in solfa with handsigns, from the same bottom note and with intervals
Suggested process:
 - a. Watch the video through once
 - b. Sing in solfa with handsigns once with the video
 - c. Sing each chord (in solfa with handsigns) beginning on a random different note (e.g. play any singable note on a piano and sing the triad beginning there). *See note in email on good piano app if needed.*
5. Sing the triad chart in a harmonic minor scale in solfa with handsigns
Suggested process:
 - a. Sing in solfa with handsigns 3 times with the video
6. Read Simple time rhythm 4 in rhythm names while conducting the beat
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the beat.
 - c. Read with rhythm names inner hearing all the semiquavers while conducting the beat.
7. Read Compound time rhythm 4 in rhythm names while conducting the pulse
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the pulse.
 - c. Read with rhythm names inner hearing all the individual quavers (not in groups of 3) while conducting the pulse.

Week 2, Day 5

1. Sing the melodic minor scale in solfa with handsigns
Suggested process:
 - a. Practice twice fully watching video without sound
 - b. Sing scale in solfa with handsigns in this rhythm:  for each note while conducting the beat in 4 metre e.g. 
l, t, d r m f etc
2. Sing G melodic minor with letter names
Suggested process:
 - a. Sing letter names of scale once with the video
 - b. Practice twice watching video without sound
 - c. Repeat step b. from 1. above.
3. Melodic minor melody 2 – G melodic minor in solfa with handsigns and with letter names
Suggested process:
 - a. Sing in solfa with handsigns and in letter names once with the video
 - b. Practice twice with music notation only (no sound)
 - c. Sing twice from memory
4. Sing the Major, minor, diminished & Augmented triads in solfa with handsigns, from the same bottom note and with intervals
Suggested process:
 - a. Watch the video through once
 - b. Sing in solfa with handsigns once with the video
 - c. Sing each chord in a different order e.g. minor, Augmented, Major, diminished (in solfa with handsigns) beginning on a random different note (e.g. play any singable note on a piano and sing the triad beginning there).
5. Sing the triad chart in a harmonic minor scale in solfa with handsigns
Suggested process:
 - a. Sing in solfa with handsigns once with the video
 - b. Sing in solfa with handsigns, with each chord beginning on the same bottom note e.g.
d m s m d = C E G E C, r f l f r = C E, G E, C m s t s m = C E, G E, C etc
6. Read Simple time rhythm 5 in rhythm names while conducting the beat
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the beat.
 - c. Read with rhythm names inner hearing everything EXCEPT the quavers while conducting the beat.
7. Read Compound time rhythm 5 in rhythm names while conducting the pulse
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the pulse.
 - c. Read with rhythm names inner hearing everything EXCEPT the quavers while conducting the pulse.

Week 2, Day 6

1. Sing the melodic minor scale in solfa with handsigns
Suggested process:
 - d. Practice twice fully watching video without sound
 - e. Sing scale in solfa with handsigns in 6/8 while conducting the beat in pulses e.g.

l, t,d r m f etc
2. Sing F# melodic minor with letter names
Suggested process:
 - a. Sing letter names of scale once with the video
 - b. Practice twice watching video without sound
 - c. Repeat step b. from 1. above.
3. Melodic minor melody 3 – F# melodic minor in solfa with handsigns and with letter names Suggested process:
 - a. Sing in solfa with handsigns and in letter names once with the video
 - b. Practice twice with music notation only (no sound)
 - c. Sing twice from memory
4. Sing the Major, minor, diminished & Augmented triads in solfa with handsigns, from the same bottom note and with intervals
Suggested process:
 - a. Watch the video through once
 - b. Sing in solfa with handsigns once with the video
 - c. Sing each chord in a different order e.g. minor, Augmented, Major, diminished (in solfa with handsigns) beginning on a random different note (e.g. play any singable note on a piano and sing the triad beginning there).
5. Sing the triad chart in a harmonic minor scale in solfa with handsigns
Suggested process:
 - a. Sing in solfa with handsigns once with the video
 - b. Sing in solfa with handsigns, with each chord beginning on the same bottom note e.g.
d m s m d = C E G E C, r f l f r = C E, G E, C m s t s m = C E, G E, C etc
6. Read Simple time rhythm 6 in rhythm names while conducting the beat
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the beat.
 - c. Read the rhythm backwards with conducting.
7. Read Compound time rhythm 6 in rhythm names while conducting the pulse
Suggested process:
 - a. Watch the video through once
 - b. Read rhythm names twice with the video while conducting the pulse.
 - c. Read the rhythm backwards with conducting.

Week 2, Day 7

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