

**VMPC: SECTION 1 Checklist**

Name: \_\_\_\_\_

LEARN TASK – write in date completed	Write date(s) when task is completed					
<b>RHYTHM</b>						
Completed Rhythm Section 1 (pages 1-3)						
Watched V1						
Watched V2						
Watched V3						
Watched V4						
Complete Worksheet 1 (page 3)						
Complete Practice Question 1 (page 3)						
<b>SCALES</b>						
Completed Scales Section 1 (pages 4-5)						
Watched V5						
Watched V6						
Watched V7						
Sing the Major scale in solfa with handsigns twice per day						
Complete Worksheet 2 (page 5)						

LEARN TASK – write in date completed	Write date(s) when task is completed		
<b>INTERVALS</b>			
Completed Intervals Section 1 (page 8)			
Watched V8			
Watched V9			
Watched V10			
Watched V11			
Complete Worksheet 3 (page 8)			
<b>MELODY</b>			
Completed Melody Section 1 (pages 9 & 10)			
Complete Practice Question 2 (page 9)			
Complete Worksheet 4 (page 10)			
<b>CHORDS</b>			
Completed Chords Section 1 (page 11)			
Watched V13			
Complete Worksheet 5 (page 11)			
<b>CHORD PROGRESSIONS</b>			
Completed Chord Progressions Section 1 (page 12)			
Watched V15			
Complete Worksheet 6 (page 12)			

<b>PRACTICE TASKS – tick date every time task practiced</b>	27/2	28/2	29/2	1/3	2/3	3/3	4/3	5/4	6/3	7/3	8/3	9/3	10/3	11/3
<b>RHYTHM</b>														
Read simple time rhythm in rhythm names and conducting – 1 per day														
Practice writing above rhythms in shorthand – 1 per day														
<b>SCALES</b>														
Sing the Major scale in solfa with handsigns once per day														
<b>INTERVALS</b>														
Practiced Major & Perfect Intervals once per day (V9)														
Practiced Minor & Perfect Intervals once per day (V10)														
Practiced Intervals in C Major once per day (V11)														
<b>PRACTICE TASK cont.</b>	27/2	28/2	29/2	1/3	2/3	3/3	4/3	5/4	6/3	7/3	8/3	9/3	10/3	11/3
<b>MELODY</b>														
Sing one C Major melody per day in solfa with handsigns														
<b>CHORDS</b>														
Sing the C Major tonic triad with intervals - twice per day in solfa with handsigns														
Sing the C Major tonic triad with intervals - twice per week in letter names														
<b>CHORD PROGRESSIONS</b>														
Sing one bassline per day in solfa with handsigns														

<b>OPTIONAL ACTIVITIES</b>	<b>Write date(s) when task is completed</b>		
Email me a video of yourself singing (in solfa with handsigns) the Major scale.			
Email me your hand written composition from Q.7 page 5 (scan and email or fax: 94971797)			

### Self Evaluation Form

<b>CONCEPT AREA</b>	<b>COMMENT REGARDING IMPROVEMENT</b>
<b>RHYTHM</b>	
<b>SCALES, INTERVAL, MELODY</b>	
<b>CHORDS &amp; CHORD PROGRESSIONS</b>	