

**VMPC UNIT 1: SECTION 1 Checklist**

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

<b>LESSON 1 – LEARNING: RHYTHM</b>	Date:	(Tick below when completed)
Completed Rhythm Section 1 (pages 1-2)		
Watched V1		
Watched V2		
Watched V3		
<b>LESSON 1 – Practice</b>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>LESSON 2 - SCALES</b>	Date:	(Tick below when completed)
Completed Scales Section 1 (page 4)		
Watched V5		
Watched V6		
<b>LESSON 2 – Practice</b>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a></i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>LESSON 3 - INTERVALS</b>	Date:	(Tick below when completed)
Completed Intervals Section 1 (pages 6 & 7)		
Watched V8		
Watched V9		
Worksheet 3 (page 8) Q. 8		
<b>LESSON 3 - PRACTICE</b>		
<i>Sing all Major &amp; Perfect Intervals (<u>V9</u>), in solfa with handsigns.</i>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the <u>VMPC Melodic Sightreading Sheet 1</u></i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>LESSON 4 - CHORDS</b>	Date:	(Tick below when completed)
Completed Chords Section 1 (page 11)		
Watched V13		
<b>LESSON 4 - PRACTICE</b>		
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>		
<i>Sing all Major &amp; Perfect Intervals (<u>V9</u>), in solfa with handsigns.</i>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the <u>VMPC Melodic Sightreading Sheet 1</u></i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>LESSON 5 - CHORD PROGRESSIONS</b>	Date:	(Tick below when completed)
Completed Chord Progressions Section 1 (page 12)		
Watched V15		
<b>LESSON 5 - PRACTICE</b>		
<i>Sing one bassline (V16) in solfa with handsigns.</i>		
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>		
<i>Sing all Major &amp; Perfect Intervals (V9), in solfa with handsigns.</i>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a></i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>LESSON 6 RHYTHM</b>	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Rhythm Section 1 (pages 2-3)	
Watched V4	
Complete Worksheet 1 (pg 3) Q. 1, 2, 3 & 4 (Q.2 and Q.4 suitable for H/W). Use the shorthand in ALL these questions EVEN if these rhythms are very easy for you.	
Complete Practice Question 1 (page 3)	
Compose simple time rhythms using ONLY rhythms in Section 1. Use the <a href="#">VMPC Rhythm Composition Sheet 1</a> .	
<b>LESSON 6 – Practice</b>	
<i>Write one simple time rhythm in shorthand – 1st example on <a href="#">VMPC Rhythm Sightreading Sheet 1</a> has the shorthand above to show you.</i>	
<i>Sing one bassline (V17) in solfa with handsigns.</i>	
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>	
<i>Sing all Major &amp; Perfect Intervals (V9), in solfa with handsigns.</i>	
<i>Sing the Major scale in solfa with handsigns</i>	
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a></i>	
<i>Read one simple time rhythm in rhythm names with conducting</i>	

LESSON 7 – SCALES	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Scales Section 1 (page 5)	
Watched V7	
Complete Worksheet 2 (page 5)	
<b>LESSON 7 – Practice</b>	
<i>Write one simple time rhythm in shorthand</i>	
<i>Sing one bassline (V18) in solfa with handsigns.</i>	
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>	
<i>Sing all Major &amp; Perfect Intervals (V9), in solfa with handsigns.</i>	
<i>Sing the C Major scale in letter names.</i>	
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the compositions from Worksheet 2, Q.7.</i>	
<i>Read one simple time rhythm in rhythm names with conducting</i>	

<b>LESSON 8 – INTERVALS</b>	Date:	(Tick below when completed)
Completed Intervals Section 1 (pages 7 & 8)		
Watched V10		
Complete Worksheet 3 (page 8) Q. 9, 10 and 11		
<b>LESSON 8 – Practice</b>		
<i>Sing all minor &amp; Perfect Intervals (V10), in solfa with handsigns.</i>		
<i>Write one simple time rhythm in shorthand</i>		
<i>Sing one bassline (V19) in solfa with handsigns.</i>		
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the compositions from Worksheet 2, Q.7.</i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

LESSON 9 – MELODY	Date: (Tick below when completed)
Completed Melody Section 1 (pages 9 & 10)	
Complete Practice Question 2 (page 9)	
Complete Worksheet 4 (page 10) Q. 13, 14 and 15. Be sure to sing each Warm Up exercise BEFORE undertaking each Melodic Transcription exercise.	
<b>LESSON 9 – Practice</b>	
<i>Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a> Be sure to compose the stick notation FIRST then put that onto the staff before singing in solfa and Letter names.</i>	
<i>Sing all minor &amp; Perfect Intervals (V10), in solfa with handsigns.</i>	
<i>Write one simple time rhythm in shorthand</i>	
<i>Sing one bassline (V20) in solfa with handsigns.</i>	
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>	
<i>Practice Major &amp; Perfect Intervals (V9)</i>	
<i>Sing the Major scale in solfa with handsigns</i>	
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the compositions from Worksheet 2, Q.7.</i>	
<i>Read one simple time rhythm in rhythm names with conducting</i>	



<b>LESSON 10 – CHORDS</b>	Date:	(Tick below when completed)
Complete Worksheet 5 (page 11) Q. 16 & 17		
<b>LESSON 10 – Practice</b>		
Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a> Be sure to compose the stick notation FIRST then put that onto the staff before singing in solfa and Letter names.		
Sing all minor & Perfect Intervals (V10), in solfa with handsigns.		
Write one simple time rhythm in shorthand		
Sing one bassline (V21) in solfa with handsigns.		
Sing the C Major tonic triad (V14) in solfa with handsigns		
Sing all Major & Perfect Intervals (V9), in solfa with handsigns.		
Sing the Major scale in solfa with handsigns		
Sing one C Major melody (in treble clef only), in solfa with handsigns using the compositions from Worksheet 2, Q.7.		
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		
Read one simple time rhythm in rhythm names with conducting		

<b>LESSON 11 - CHORD PROGRESSIONS</b>	Date:	(Tick below when completed)
Complete Worksheet 6 (page 12) Q. 18, 19 and 20		
<b>LESSON 11 – Practice</b>		
Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a> Be sure to compose the stick notation FIRST then put that onto the staff before singing in solfa and Letter names.		
Sing all minor & Perfect Intervals (V10), in solfa with handsigns.		
Write one simple time rhythm in shorthand		
Sing one bassline (V16) in solfa with handsigns.		
Sing the C Major tonic triad (V14) in solfa with handsigns		
Sing the C Major scale in letter names.		
Sing one C Major melody, in solfa with handsigns.		
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		
Read one simple time rhythm in rhythm names with conducting		

<b>LESSON 12 – INTERVALS</b>	Date:	(Tick below when completed)
Completed Intervals Section 1 (pages 7 & 8)		
Watched V11		
Complete Worksheet 3 (page 8) Q.12		
<b>LESSON 12 – Practice</b>		
<i>Sing the C Major with intervals (V11), in solfa with handsigns.</i>		
<i>Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a> Be sure to compose the stick notation FIRST then put that onto the staff before singing in solfa and Letter names.</i>		
<i>Write one simple time rhythm in shorthand</i>		
<i>Sing one bassline (V17) in solfa with handsigns.</i>		
<i>Sing the C Major tonic triad (V14) in solfa with handsigns</i>		
<i>Sing the Major scale in solfa with handsigns</i>		
<i>Sing one C Major melody, in solfa with handsigns.</i>		
<i>Read one simple time rhythm in rhythm names with conducting</i>		

<b>EVERY DAY – Practice (After Lesson 12)</b>	
Read one simple time rhythm in rhythm names with conducting	
Sing the Major scale in solfa with handsigns	
Sing one C Major melody, in solfa with handsigns.	
Sing either: <ul style="list-style-type: none"> <li>a. all Major &amp; Perfect Intervals (V9), in solfa with handsigns,</li> <li>b. Sing all minor &amp; Perfect Intervals (V10), in solfa with handsigns or</li> <li>c. Sing the C Major with intervals (V11), in solfa with handsigns.</li> </ul>	
Sing the C Major tonic triad (V14) in solfa with handsigns	
Sing one bassline in solfa with handsigns.	
Write one simple time rhythm in shorthand	

<b>TWICE a WEEK – Practice (After Lesson 12)</b>	
Sing the C Major scale in letter names.	
Write the C Major scale in treble or bass clef. Use the <a href="#">VMPC Basic Scale Writing Worksheet</a> .	
Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a>	
Compose simple time rhythms using ONLY rhythms in Section 1. Use the <a href="#">VMPC Rhythm Composition Sheet 1</a>	