

VMPC SECTION 1 Daily Practice Checklist

Name: _____

For use once ALL Section 1 concepts have been learned.

EVERY DAY – Practice	Write date here if preferred:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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: a. all Major & Perfect Intervals (V9), in solfa with handsigns,								
a. Sing all minor & Perfect Intervals (V10), in solfa with handsigns or								
b. Sing the C Major with intervals (V11), in solfa with handsigns.								
Sing the C 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								

TWICE a WEEK – Practice	Write date here if preferred:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sing the C Major scale in letter names.								
Write the C Major scale in treble or bass clef using the VMPC Basic Scale Writing Worksheet .								
Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns using the VMPC Melodic Composition Sheet 1								
Compose simple time rhythms using ONLY rhythms in Section 1. Use the VMPC Rhythm Composition Sheet 1								