

**VMPC 2016 Unit 1 & 2 Course Plan: WEEK 1 – Section 1** (All page numbers below refer to the Level 3 “Musicianship & Aural Training for the Secondary School” student & teacher books).

**Rhythm**

Lesson 1	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Rhythm, pages 1 &amp; 2</p> <p>Use the following videos as required:</p> <ul style="list-style-type: none"> <li>a. <a href="#">V1 Rhythmic elements taught</a></li> <li>b. <a href="#">V2 Time Signatures</a></li> <li>c. <a href="#">V3 Rhythmic Sightreading</a></li> </ul> <p>Additional video if required:</p> <p><a href="#">Level 1, Lesson 6 - More Conducting</a></p>	<p>1. Read one simple time rhythm in rhythm names with conducting.</p>	

**Scales**

Lesson 2	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Scales, page 4</p> <p>Use the following videos as required:</p> <ul style="list-style-type: none"> <li>a. <a href="#">V5 The Major scale</a></li> <li>b. <a href="#">V6 Melodic Sightreading</a></li> </ul> <p>Additional video if required:</p> <p><a href="#">Level 1, Lesson 2 – The Staff</a></p>	<ul style="list-style-type: none"> <li>1. Sing the C Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>2. Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a></li> <li>3. <i>Read one simple time rhythm in rhythm names with conducting.</i></li> </ul>	

## Intervals

Lesson 3	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Intervals, pages 6 - 7</p> <p>Use the following videos as required:</p> <ul style="list-style-type: none"> <li>a. <a href="#">V8 Major, Perfect &amp; minor Intervals</a></li> <li>b. <a href="#">V9 Practice of Major &amp; Perfect Intervals</a></li> </ul>	<ol style="list-style-type: none"> <li>1. Sing all Major &amp; Perfect Intervals (<a href="#">V9</a>), in solfa with handsigns.</li> <li>2. Sing the Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>3. Sing one C Major melody (in treble clef), in solfa with handsigns.</li> <li>4. Read one simple time rhythm in rhythm names with conducting.</li> </ol>	<ol style="list-style-type: none"> <li>1. Worksheet 3 (page 8) Q. 8</li> </ol>

## Chords

Lesson 4	Practice	Set Tasks
<p>1. Complete Section 1 – Chords, page 11</p> <p>Use the following video as required:</p> <ul style="list-style-type: none"> <li>a. <a href="#">V13 Triads &amp; the Major Triad</a></li> </ul>	<ol style="list-style-type: none"> <li>1. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li> <li>2. Sing all Major &amp; Perfect Intervals (<a href="#">V9</a>) in solfa with handsigns.</li> <li>3. Sing the Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>4. Sing one C Major melody (in treble clef), in solfa with handsigns.</li> <li>5. Read one simple time rhythm in rhythm names with conducting.</li> </ol>	

## Chord Progressions

Lesson 5	Practice	Set Tasks
<p>1. Complete Section 1 – Chord Progressions, page 12</p> <p>Use the following video as required:</p> <p>a. <a href="#">V15 Hearing &amp; Singing Basslines</a></p>	<ol style="list-style-type: none"><li>1. Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V16 Hearing &amp; Singing Basslines - Progression 1</a></li><li>2. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li><li>3. Sing all Major &amp; Perfect Intervals (<a href="#">V9</a>), in solfa with handsigns.</li><li>4. Sing the Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li><li>5. Sing one C Major melody (in treble clef), in solfa with handsigns.</li><li>6. Read one simple time rhythm in rhythm names with conducting.</li></ol>	

## WEEK 2 : Rhythm

Lesson 6	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Rhythm, pgs 2 &amp; 3</p> <p>Use the following videos as required:</p> <p><a href="#">V 4 Rhythmic Shorthand</a></p>	<ol style="list-style-type: none"> <li>Practice writing these rhythms out in shorthand – 1st example on <a href="#">VMPC Rhythm Sightreading Sheet 1</a> has the shorthand above to show you.</li> <li><i>Sing the Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</i></li> <li><i>Sing one C Major melody (in treble clef), in solfa with handsigns.</i></li> <li><i>Sing all Major &amp; Perfect Intervals (<a href="#">V9</a>), in solfa with handsigns.</i></li> <li><i>Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</i></li> <li><i>Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V17 Hearing &amp; Singing Basslines - Progression 2</a></i></li> </ol>	<ol style="list-style-type: none"> <li>Practice Question 1 (pg 3)</li> <li>Worksheet 1 (pg 3) Q. 1, 2, 3 &amp; 4 (Q.2 and Q.4 suitable for H/W). <b>Use the shorthand in ALL these questions EVEN if these rhythms are very easy for you.</b></li> <li>Compose simple time rhythms using ONLY rhythms in Section 1. Use the <a href="#">VMPC Rhythm Composition Sheet 1</a></li> </ol>

## Scales

Lesson 7	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Scales, page 5</p> <p>Use the following videos as required:</p> <p>a. <a href="#">V7 Bass clef</a></p>	<ol style="list-style-type: none"> <li><i>Read one simple time rhythm in rhythm names with conducting – use completed dictations Worksheet 1 page 3.</i></li> <li><i>Sing the C Major scale in letter names.</i></li> <li><i>Sing one C Major melody (in treble clef), in solfa with handsigns – use completed compositions from “Set Tasks” column Q.7.</i></li> <li><i>Sing all Major &amp; Perfect Intervals (<a href="#">V9</a>), in solfa with handsigns.</i></li> <li><i>Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</i></li> <li><i>Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V18 Hearing &amp; Singing Basslines - Progression 3</a></i></li> </ol>	<ol style="list-style-type: none"> <li>Worksheet 2 (page 5) Q. 5, 6 &amp; 7 (all suitable for H/W)</li> </ol>

## Intervals

Lesson 8	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Intervals, pages 7 - 8</p> <p>Use the following videos as required:</p> <p>a. <a href="#">V10 Practice of minor &amp; Perfect Intervals</a></p>	<ol style="list-style-type: none"> <li>1. Sing all minor &amp; Perfect Intervals (<a href="#">V10</a>), in solfa with handsigns.</li> <li>2. Read one simple time rhythm in rhythm names with conducting.</li> <li>3. Sing the Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>4. Sing one C Major melody (in treble or bass clef), in solfa with handsigns.</li> <li>5. Sing the C Major tonic triad in solfa with handsigns . Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li> <li>6. Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V19 Hearing &amp; Singing Basslines - Progression 4</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Worksheet 3 (page 8) Q. 9, 10 and 11 (all suitable for H/W)</li> </ol>

## Melody

Lesson 9	Practice	Set Tasks
<p>1. Complete Section 1 – Melody, pages 9 &amp; 10</p> <p>Use the following video as required:</p> <p>a. <a href="#">V12 Melodic Transcriptions</a></p>	<ol style="list-style-type: none"> <li>1. 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> <b>Be sure to compose the stick notation FIRST then put that onto the staff before singing in solfa and Letter names.</b></li> <li>2. Read one simple time rhythm in rhythm names with conducting.</li> <li>3. Sing the C Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>4. Sing all minor &amp; Perfect Intervals (<a href="#">V10</a>), in solfa with handsigns.</li> <li>5. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li> <li>6. Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V19 Hearing &amp; Singing Basslines - Progression 4</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Practice Question 2 (page 9)</li> <li>2. Worksheet 4 (page 10) Q. 13, 14 and 15. <b>Be sure to sing each Warm Up exercise BEFORE undertaking each Melodic Transcription exercise.</b></li> </ol>

## Chords

Lesson 10	Practice	Set Tasks
	<ol style="list-style-type: none"> <li>1. Read one simple time rhythm in rhythm names with conducting.</li> <li>2. Sing the C Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</li> <li>3. Sing one C Major melody (in treble or bass clef, in solfa with handsigns).</li> <li>4. Sing all minor &amp; Perfect Intervals (v9), in solfa with handsigns.</li> <li>5. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li> <li>6. Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V20 Hearing &amp; Singing Basslines - Progression 5</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Worksheet 5 (page 11) Q. 16 and 17 (all suitable for H/W)</li> </ol>

## Chord Progressions

Lesson 11	Practice	Set Tasks
	<ol style="list-style-type: none"> <li>1. Read one simple time rhythm in rhythm names with conducting.</li> <li>2. Sing the C Major scale in letter names.</li> <li>3. Write the C Major scale in the bass clef. Use the <a href="#">VMPC Basic Scale Writing Worksheet 1</a> for this task.</li> <li>4. Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns.</li> <li>5. Sing all Major &amp; Perfect Intervals (v9), in solfa with handsigns.</li> <li>6. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</li> <li>7. Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V21 Hearing &amp; Singing Basslines - Progression 6</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Worksheet 6 (page 12) Q. 18, 19 and 20</li> </ol>

## Intervals

Lesson 12	Practice – to be done at start of every lesson from now on	Set Tasks
<p>1. Complete Section 1 – Intervals, pages 7 - 8</p> <p>Use the following videos as required:</p> <p><a href="#">V11 Intervals in a Major Scale</a></p>	<ol style="list-style-type: none"><li>1. Sing the C Major Scale with intervals (<a href="#">V11</a>), in solfa with handsigns.</li><li>2. <i>Read one simple time rhythm in rhythm names with conducting.</i></li><li>3. <i>Sing the C Major scale in solfa with handsigns. Practice with the <a href="#">Major Scale Practice Video</a>, to ensure accuracy.</i></li><li>4. <i>Sing one C Major melody (in treble or bass clef), in solfa with handsigns.</i></li><li>5. <i>Sing the C Major tonic triad in solfa with handsigns. Practice with this video: <a href="#">V14 C Major Triad - Practice Video</a>, to ensure accuracy.</i></li><li>6. <i>Sing one bassline in solfa with handsigns. Practice Progression Videos: <a href="#">V19 Hearing &amp; Singing Basslines - Progression 4</a></i></li></ol>	<ol style="list-style-type: none"><li>1. Worksheet 3 (page 8) Q. 12</li></ol>

## Lessons 13, 14 and 15

1. Completion/Revision of Lesson 1-12 as required
2. To be done EVERY DAY:
  - a. Read one simple time rhythm in rhythm names with conducting.
  - b. Sing the C Major scale in solfa with handsigns. Practice with the [Major Scale Practice Video](#), to ensure accuracy.
  - c. Sing one C Major melody (in treble clef only), in solfa with handsigns using the [VMPC Melodic Sightreading Sheet 1](#)
  - d. Sing one interval exercise alternating each day:
    - i. all Major & Perfect Intervals ([V9](#)), in solfa with handsigns.
    - ii. all minor & Perfect Intervals ([V10](#)), in solfa with handsigns.
    - iii. the C Major Scale with intervals ([V11](#)), in solfa with handsigns.
  - e. Sing the C Major tonic triad in solfa with handsigns. Practice with this video: [V14 C Major Triad - Practice Video](#), to ensure accuracy.
  - f. Sing one bassline in solfa with handsigns using the practice Progression Videos V16 – 21
  - g. Practice writing rhythms out in shorthand – 1st example on [VMPC Rhythm Sightreading Sheet 1](#) has the shorthand above to show you.
3. To be done TWICE PER WEEK:
  - a. Sing the C Major scale in letter names.
  - b. Write the C Major scale in treble OR bass clef. Use the [VMPC Basic Scale Writing Worksheet 1](#)
  - c. Compose one C Major melody (in treble or bass clef), then sing in solfa with handsigns. Use [VMPC Melodic Composition Sheet 1](#)
  - d. Compose simple time rhythms using ONLY rhythms in Section 1. Use the [VMPC Rhythm Composition Sheet 1](#)
4. Individual testing of singing (in solfa with handsigns) the Major scale.
5. Testing of compositions – singable short basic melodies in C Major composed in less than 2 minutes without auditory stimulus (i.e. no piano or singing – only inner hearing).