

Welcome to the beginning of the VMPC! Thanks to all of you who have contacted me for whatever reason – I am REALLY looking forward to working with you all over the next year!

1. TOOLS

We have many tools we will be using in this course:

- a. Our voices (singing the music language)
- b. Tonic Solfa
- c. Handsigns
- d. Letter names
- e. Rhythm names
- f. Inner hearing (or audiation – hearing IN YOUR HEAD)
- g. Conducting
- h. Composition etc

Regardless of whether you have used solfa/rhythm names/singing etc before **PLEASE** use these tool complete **EVERYTHING** in the VMPC plan for at least first month before starting to alter or change anything to suit you. This will give you the best chance of seeing **HOW** this method works and **THAT IT DOES!** I have never had a student (or teacher) work through this method and then say it did not help them to achieve better results and to become a better musician.

In the next few emails I will be explaining why we use these tools and why they will help.

2. PLAN

Below is the “VMPC: Section 1 Plan”. The first thing you’ll notice is that this week’s plan will last you for **TWO** (possibly even **three**) weeks.

If you need help choosing which of the first two columns to do please refer to the Email 2 – How the VMPC Works.

All the videos and worksheets etc on the PDF are underlined and in **blue** or **purple** and should be live links. Please let me know if any don’t work.

I would expect you to spend between 10 and 20 minutes per day on these tasks. If you are lucky then your teacher may even do some in class, allowing you to work on the practice column more!

3. CHECKLIST

If you would prefer “VMPC: Section 1 Plan” as a checklist (in order to help you keep your commitment) you will find this on pages . If you wish you can email it to me as well.

It includes some self-evaluation tasks designed to help you keep track of your progress. Of course how much or how little you do is completely up to you – as with all things in life you will only get out what you put in.

Good luck!

VMPC: Section 1 Plan (All page numbers below refer to the Level 3 “Musicianship & Aural Training for the Secondary School” student and teacher books).

Rhythm

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Rhythm, pages 1 – 3</p> <p>Use the following videos as required:</p> <ul style="list-style-type: none"> a. V1 Rhythmic elements taught b. V2 Time Signatures c. V3 Rhythmic Sightreading d. V 4 Rhythmic Shorthand <p>Additional video if required: Level 1, Lesson 6 - More Conducting</p>	<p>1. Read one simple time rhythm per day in rhythm names with conducting.</p> <p>2. Practice writing these rhythms out in shorthand – 1st example on VMPC Rhythm Sightreading Sheet 1 has the shorthand above to show you.</p> <p>Note – use examples from Section 1 in the book, any completed rhythmic dictations + rhythms from the Rhythm Sheet 1.</p>	<p>1. Practice Question 1 (page 3)</p> <p>2. Worksheet 1 (page 3)</p> <p>Use the shorthand in ALL these questions EVEN if these rhythms are very easy for you.</p>

Scales

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Scales, pages 4 & 5</p> <p>Use the following videos as required:</p> <ul style="list-style-type: none"> a. V5 The Major scale b. V6 Melodic Sightreading c. V7 Bass clef <p>Additional video if required: Level 1, Lesson 2 – The Staff</p>	<p>1. Sing the C Major scale in solfa with handsigns twice per day. Practice with the Major Scale Practice Video, to ensure accuracy.</p> <p>2. Sing the C Major scale in letter names a few times over the week.</p> <p>3. Practice writing the C Major scale out, in treble AND bass clef.</p>	<p>1. Worksheet 2 (page 5)</p>

Intervals

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Intervals, pages 6 - 8</p> <p>Use the following videos as required:</p> <ol style="list-style-type: none"> V8 Major, Perfect & minor Intervals V9 Practice of Major & Perfect Intervals V10 Practice of minor & Perfect Intervals V11 Intervals in a Major Scale 	<ol style="list-style-type: none"> Sing all Major & Perfect Intervals (V9) and all minor & Perfect Intervals (V10) once per day, in solfa with handsigns. Sing the intervals in C Major (V11) once per day, in solfa with handsigns AND letter names. 	<ol style="list-style-type: none"> Worksheet 3 (page 8)

Melody

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Melody, pages 9 & 10</p> <p>Use the following video as required:</p> <ol style="list-style-type: none"> V12 Melodic Transcriptions 	<ol style="list-style-type: none"> Sing one C Major melody (in treble AND bass clef) per day, in solfa with handsigns (and occasionally in letter names). <p>Note – use examples from Section 1 in the book, any completed melodic dictations + melodies from the VMPC Melodic Sightreading Sheet 1</p>	<ol style="list-style-type: none"> Practice Question 2 (page 9) Worksheet 4 (page 10)

Chords

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Chords, page 11</p> <p>Use the following video as required:</p> <p>a. V13 Triads & the Major Triad</p>	<p>1. Sing the C Major tonic triad in solfa with handsigns several times per day (and occasionally in letter names). Practice with this video: V14 C Major Triad - Practice Video, to ensure accuracy.</p>	<p>1. Worksheet 5 (page 11)</p>

Chord Progressions

Learn/Revise (Use 2 Sessions to complete)	Practice	Set Tasks
<p>1. Complete Section 1 – Chord Progressions, page 12</p> <p>Use the following video as required:</p> <p>a. V15 Hearing & Singing Basslines</p>	<p>1. Sing one bassline per day in solfa with handsigns.</p> <p>Practice Progression Videos:</p> <p>V16 Hearing & Singing Basslines - Progression 1</p> <p>V17 Hearing & Singing Basslines - Progression 2</p> <p>V18 Hearing & Singing Basslines - Progression 3</p> <p>V19 Hearing & Singing Basslines - Progression 4</p> <p>V20 Hearing & Singing Basslines - Progression 5</p> <p>V21 Hearing & Singing Basslines - Progression 6</p>	<p>1. Worksheet 6 (page 12)</p>

Optional activities –

1. Video of yourself singing (in solfa with handsigns) the Major scale.
2. Send me your hand written composition from Q.7 page 5 (scan and email or fax: 94971797).

VMPC: SECTION 1 Plan - Checklist Version

Name: _____

LEARN TASK – write in date completed	Write date(s) when task is completed		
RHYTHM			
Completed Rhythm Section 1 (pages 1-3)			
Watched V1 Rhythmic elements taught			
Watched V2 Time Signatures			
Watched V3 Rhythmic Sightreading			
Watched V 4 Rhythmic Shorthand			
Complete Worksheet 1 (page 3)			
Complete Practice Question 1 (page 3)			
SCALES			
Completed Scales Section 1 (pages 4-5)			
Watched V5 The Major scale			
Watched V6 Melodic Sightreading			
Watched V7 Bass Clef			
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		
INTERVALS			
Completed Intervals Section 1 (page 8)			
Watched V8 Major, Perfect & minor Intervals			
Watched V9 Practice of Major & Perfect Intervals			
Watched V10 Practice of minor & Perfect Intervals			
Watched V11 Intervals in a Major Scale			
Complete Worksheet 3 (page 8)			
MELODY			
Completed Melody Section 1 (pages 9 & 10)			
Watched V12 Melodic Transcriptions			
Complete Practice Question 2 (page 9)			
Complete Worksheet 4 (page 10)			
CHORDS			
Completed Chords Section 1 (page 11)			
Watched V13 Triads & the Major Triad			
Complete Worksheet 5 (page 11)			
CHORD PROGRESSIONS			
Completed Chord Progressions Section 1 (page 12)			
Watched V15 Hearing & Singing Basslines			
Complete Worksheet 6 (page 12)			

PRACTICE TASKS – tick date every time task practiced	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
RHYTHM														
Read one simple time rhythm in rhythm names with conducting VMPC Rhythm Sightreading Sheet 1														
Write one simple time rhythm in shorthand – 1st example on VMPC Rhythm Sightreading Sheet 1 has the shorthand above to show you.														
Compose one simple time rhythm using ONLY rhythms in Section 1. Use the VMPC Rhythm Composition Sheet 1														
SCALES														
Sing the Major scale in solfa with handsigns Major Scale Practice Video														
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 1														
INTERVALS														
Sing either: a. all Major & Perfect Intervals in solfa with handsigns V9														
b. Sing all minor & Perfect Intervals in solfa with handsigns V10 or														
c. Sing the C Major with intervals in solfa with handsigns V11														

PRACTICE TASKS cont.	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
MELODY														
<i>Sing one C Major melody (in treble clef only), in solfa with handsigns using the VMPC Melodic Sightreading Sheet 1</i>														
<i>Compose one C Major melody then sing in solfa with handsigns using the VMPC Melodic Composition Sheet 1</i>														
CHORDS														
<i>Sing the C Major tonic triad in solfa with handsigns V14</i>														
CHORD PROGRESSIONS														
<i>Sing one bassline in solfa with handsigns: V16 V17 V18 V19 V20 V21</i>														

OPTIONAL ACTIVITIES	Write date(s) when task is completed		
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

CONCEPT AREA	COMMENT REGARDING IMPROVEMENT
RHYTHM	
SCALES, INTERVAL, MELODY	
CHORDS & CHORD PROGRESSIONS	