

VMPC UNIT 1: SECTION 1 Checklist lesson plan

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

<b>LESSON 1 – LEARNING: RHYTHM</b>	Date:	(Tick below when completed)
Completed Rhythm Section 1 (pages 1-2)		
Watched <a href="#">V1 Rhythmic elements taught</a>		
Watched <a href="#">V2 Time Signatures</a>		
Watched <a href="#">V3 Rhythmic Sightreading</a>		
<b>LESSON 1 – Practice</b>		
Read one simple time rhythm in rhythm names with conducting <a href="#">VMPC Rhythm Sightreading Sheet 1</a>		

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

<b>LESSON 3 - INTERVALS</b>	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Intervals Section 1 (pages 6 & 7)	
Watched <a href="#">V8 Major, Perfect &amp; minor Intervals</a>	
Watched <a href="#">V9 Practice of Major &amp; Perfect Intervals</a>	
Worksheet 3 (page 8) Q. 8	
<b>LESSON 3 - PRACTICE</b>	
<i>Sing all Major &amp; Perfect Intervals in solfa with handsigns <a href="#">V9</a></i>	
<i>Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a></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 <a href="#">VMPC Rhythm Sightreading Sheet 1</a></i>	

<b>LESSON 4 - CHORDS</b>	Date:	(Tick below when completed)
Completed Chords Section 1 (page 11)		
Watched <a href="#">V13 Triads &amp; the Major Triad</a>		
<b>LESSON 4 - PRACTICE</b>		
<i>Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a></i>		
<i>Sing all Major &amp; Perfect Intervals in solfa with handsigns <a href="#">V9</a></i>		
<i>Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a></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 <a href="#">VMPC Rhythm Sightreading Sheet 1</a></i>		

<b>LESSON 5 - CHORD PROGRESSIONS</b>	Date:	(Tick below when completed)
Completed Chord Progressions Section 1 (page 12)		
Watched <a href="#">V15 Hearing &amp; Singing Basslines</a>		
<b>LESSON 5 - PRACTICE</b>		
Sing one bassline in solfa with handsigns <a href="#">V16 Hearing &amp; Singing Basslines - Progression 1</a>		
Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a>		
Sing all Major & Perfect Intervals in solfa with handsigns <a href="#">V9 Practice of Major &amp; Perfect Intervals</a>		
Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a>		
Read one simple time rhythm in rhythm names with conducting <a href="#">VMPC Rhythm Sightreading Sheet 1</a>		

<b>LESSON 6 RHYTHM</b>	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Rhythm Section 1 (pages 2-3)	
Watched <a href="#">V 4 Rhythmic Shorthand</a>	
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>Sing one bassline in solfa with handsigns <a href="#">V17 Hearing &amp; Singing Basslines - Progression 2</a></i>	
<i>Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a></i>	
<i>Sing all Major &amp; Perfect Intervals in solfa with handsigns <a href="#">V9 Practice of Major &amp; Perfect Intervals</a></i>	

<b>LESSON 7 – SCALES</b>	Date:	(Tick below when completed)
Completed Scales Section 1 (page 5)		
Watched <a href="#">V7 Bass Clef</a>		
Complete Worksheet 2 (page 5)		
<b>LESSON 7 – Practice</b>		
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.		
Sing one bassline in solfa with handsigns <a href="#">V18 Hearing &amp; Singing Basslines - Progression 3</a>		
Sing the C Major scale in letter names.		
Sing one C Major melody (in treble clef only), in solfa with handsigns using the compositions from Worksheet 2, Q.7.		
Read one simple time rhythm in rhythm names with conducting <a href="#">VMPC Rhythm Sightreading Sheet 1</a>		

<b>LESSON 8 – INTERVALS</b>	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Intervals Section 1 (pages 7 & 8)	
Watched <a href="#">V10 Practice of minor &amp; Perfect Intervals</a>	
Complete Worksheet 3 (page 8) Q. 9, 10 and 11	
<b>LESSON 8 – Practice</b>	
Sing all minor & Perfect Intervals in solfa with handsigns <a href="#">V10 Practice of minor &amp; Perfect Intervals</a>	
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.	
Sing one bassline in solfa with handsigns <a href="#">V19 Hearing &amp; Singing Basslines - Progression 4</a>	
Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a>	
Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a>	

LESSON 9 – MELODY	Date: (Tick below when completed)
Completed Melody Section 1 (pages 9 & 10)	
Watched <a href="#">V12 Melodic Transcriptions</a>	
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 Major &amp; Perfect Intervals in solfa with handsigns <a href="#">V9 Practice of Major &amp; Perfect Intervals</a></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 <a href="#">VMPC Rhythm Sightreading Sheet 1</a></i>	



<b>LESSON 10 – CHORDS</b>	Date:	(Tick below when completed)
Complete Worksheet 5 (page 11) Q. 16 & 17		
<b>LESSON 10 – Practice</b>		
Sing all minor & Perfect Intervals in solfa with handsigns <a href="#">V10 Practice of minor &amp; Perfect Intervals</a>		
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.		
Sing one bassline in solfa with handsigns <a href="#">V20 Hearing &amp; Singing Basslines - Progression 5</a>		
Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a>		
Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a>		
Sing the C Major tonic triad - in solfa with handsigns <a href="#">V14C</a>		

<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 one bassline in solfa with handsigns <a href="#">V21 Hearing &amp; Singing Basslines - Progression 6</a>		
Sing the C Major scale in letter names.		
Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a>		
Read one simple time rhythm in rhythm names with conducting <a href="#">VMPC Rhythm Sightreading Sheet 1</a>		

<b>LESSON 12 – INTERVALS</b>	Date: <span style="float: right;">(Tick below when completed)</span>
Completed Intervals Section 1 (pages 7 & 8)	
Watched <a href="#">V11 Intervals in a Major Scale</a>	
Complete Worksheet 3 (page 8) Q.12	
<b>LESSON 12 – Practice</b>	
Sing the C Major scale with intervals in solfa with handsigns <a href="#">V11 Intervals in a Major Scale</a>	
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.	
Compose one simple time rhythms using ONLY rhythms in Section 1. Use the <a href="#">VMPC Rhythm Composition Sheet 1</a>	
Sing the C Major tonic triad in solfa with handsigns <a href="#">V14C</a>	
Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a>	

For use once ALL Section 1 concepts have been learned.

<b>EVERY DAY – Practice</b>	<b>Write date here if preferred:</b>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Read one simple time rhythm in rhythm names with conducting <a href="#">VMPC Rhythm Sightreading Sheet 1</a>								
Sing the Major scale in solfa with handsigns <a href="#">Major Scale Practice Video</a>								
Sing one C Major melody (in treble clef only), in solfa with handsigns using the <a href="#">VMPC Melodic Sightreading Sheet 1</a>								
Sing either: a. all Major & Perfect Intervals in solfa with handsigns <a href="#">V9</a>								
a. Sing all minor & Perfect Intervals in solfa with handsigns <a href="#">V10</a> or								
b. Sing the C Major with intervals in solfa with handsigns <a href="#">V11</a>								
Sing the C Major tonic triad in solfa with handsigns <a href="#">V14</a>								
Sing one bassline in solfa with handsigns: <a href="#">V16</a> <a href="#">V17</a> <a href="#">V18</a> <a href="#">V19</a> <a href="#">V20</a> <a href="#">V21</a>								
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.								

<b>TWICE a WEEK – Practice</b>	<b>Write date here if preferred:</b>	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 <a href="#">VMPC Basic Scale Writing Worksheet 1</a>								
Compose one C Major melody then sing in solfa with handsigns using the <a href="#">VMPC Melodic Composition Sheet 1</a>								
Compose one simple time rhythm using ONLY rhythms in Section 1. Use the <a href="#">VMPC Rhythm Composition Sheet 1</a>								