

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 VMPC Rhythm Sightreading Sheet 1								
Sing the Major scale in solfa with handsigns Major Scale Practice Video								
Sing one C Major melody (in treble clef only), in solfa with handsigns using the VMPC Melodic Sightreading Sheet 1								
Sing either: a. all Major & Perfect Intervals in solfa with handsigns V9								
a. Sing all minor & Perfect Intervals in solfa with handsigns V10 or								
b. Sing the C Major with intervals in solfa with handsigns V11								
Sing the C Major tonic triad in solfa with handsigns V14								
Sing one bassline in solfa with handsigns: V16 V17 V18 V19 V20 V21								
Write one simple time rhythm in shorthand – 1st example on VMPC Rhythm Sightreading Sheet 1 has the shorthand above to show you.								

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 1								
Compose one C Major melody then sing in solfa with handsigns using the VMPC Melodic Composition Sheet 1								
Compose one simple time rhythm using ONLY rhythms in Section 1. Use the VMPC Rhythm Composition Sheet 1								