

# Practice Logs

## REGULAR HOME PRACTICE IS A CRITICAL ASPECT OF PROGRESS ON ANY MUSICAL INSTRUMENT.

You have homework every day in Music class. Your goal should be to practice a little bit every day. I realize that this is not always possible but the minimum expectation is that you will practice 3 days a week. It is important that you understand that putting in 60 minutes of practice in one day will not produce the same results as spreading out this time over 3 days. If you were training for a marathon would you only run once a week? No. The same is true in music. If you want to increase your technical skills and endurance you need to build them gradually with daily practice.

Your practice logs will be marked on a weekly basis using the following marking scheme.

Total Weekly Practice Time	Mark /10
95 +	10
80 – 94	9 - 9.5
65 – 79	8 - 8.5
50 – 64	7 - 7.5
35 – 49	6 - 6.5
25 – 34	5 - 5.5
15 – 24	4 - 4.5
10 – 14	3 - 3.5
less than 10	0

**Note:** These marks are based on practicing at least 3 times each week. If you only practice 2 days, one mark will be deducted. If you only practice 1 day, 2 marks will be deducted.

e.g. If you practiced for 50 minutes over 2 days you would get 6/10 (7/10 for the length of practice and 1 mark deducted for only practicing 2 days that week).

## **Practise Logs Cont...**

**Practicing will only be beneficial if you know how to do it properly. If you are only working on the material you already know how to play, how can you expect to become a better performer? The following is a guideline to proper practicing.**

- 1) Practice in a place that is free of distractions and allows for proper posture.**
- 2) Practice with a goal in mind. Always plan out your practice sessions.**
- 3) Develop a good routine and stick with it.**

**Note: Tuning your instrument does not count as practice time**

- a) Warm up your instrument.**
- b) Work on tone.**
- c) Scales and other technical exercises.**
- d) Etudes.**
- e) Repertoire**
- f) Review**

**Some key points for better results:**

- i) Start slowly and gradually increase your speed.**
- ii) Use a metronome.**
- iii) Look at all aspects of the music you are playing.  
Don't play just notes. Look at tempo, dynamics, phrasing, style and any other musical aspects.**

- 4) Fill out your practice log and get it signed by a parent/guardian (next page).**

## Filling Out Your Practice Log

# DAILY PRACTICE LOG

PRACTICE PRIORITIES	DATE: <u>Monday, Sept 9th</u>	METRONOME MARKING	TIME SPENT	TOTAL PRACTICE TIME	Initials
<i>Warm-Up on long tones (pg. 10 of warm-up book)</i>			<i>5 min</i>		
<i>Bb concert scale &amp; arpeggio</i>		<i>80, 90, 100</i>	<i>3 min</i>		
<i>Staccato Study (measures 1 – 16)</i>		<i>80</i>	<i>5 min</i>	<i>23 mins.</i>	
<i>Repertoire – Three Canadian Folk Songs (measures 32 - 64)</i>		<i>88</i>	<i>10 min</i>		
PRACTICE PRIORITIES	DATE: <u>Tues. Sept. 10th</u>	METRONOME MARKING	TIME SPENT	TOTAL PRACTICE TIME	Initials
<i>Did not practice today</i>					
				<i>0 mins</i>	
PRACTICE PRIORITIES	DATE: <u>Wed. Sept 11th</u>	METRONOME MARKING	TIME SPENT	TOTAL PRACTICE TIME	Initials
<i>Warm-Up on long tones (page 10 of warm-up book)</i>			<i>3 min</i>		
<i>Bb concert scale &amp; arpeggio</i>		<i>90, 100, 110</i>	<i>5 min</i>		
<i>Staccato Study (review bars 1 - 16, work on bars 17 - 32)</i>		<i>80</i>	<i>10 min</i>	<i>33 mins.</i>	
<i>Repertoire – Three Canadian Folk Songs (measures 1 - 32)</i>		<i>60</i>	<i>10 min</i>		
<i>Review Three Canadian Folk Songs (measures 32 – 64)</i>		<i>88, 92</i>	<i>5 min</i>		

**NOTE:** If you do not have a metronome, there is a website which features an online metronome. This would require you to practice close to a computer and might not be ideal for everybody. The website is [www.metronomeonline.com](http://www.metronomeonline.com).

## Portfolio (Reflection Journal)

Reflections will be marked using the following rubric:

Criteria	Level R (0 – 49%)	Level 1 (50 – 59%)	Level 2 (60 – 69%)	Level 3 (70 – 79%)	Level 4 (80 – 100%)
Portfolio Thinking/Inquiry	Below level 1	Provides limited entries with limited rationale for each entry.	Provides partial entries with some rationale for each entry.	Provides complete entries with effective rationale for each entry.	Provides complete, thorough and articulate entries. Has compiled a thorough rationale for each entry.
Portfolio Critical analysis, reflection & goal-setting	Below level 1	Minimal effort has been given to reflection and detail. Poorly organized. Limited record of personal growth.	Some evidence of reflection through the course. Some awareness of detail needed for complete answers.	Good evidence of careful, detailed reflection and compilation of information. Has compiled a good record of personal growth.	Thorough, detailed, complete in almost every aspect. Has compiled a very thorough record of personal growth.
Communication	Below level 1	Communicates and expresses ideas and information with limited clarity	Communicates and expresses ideas and information with moderate clarity	Communicates and expresses ideas and information with considerable clarity	Communicates and expresses ideas and information with a high degree of clarity

The portfolio is an ongoing collection of writings, thoughts and reflections throughout the course. It is intended to include in-class performance and performance log, discussing your practise sessions, in class rehearsals, and the student's reflections on the process. The portfolio may include your own self assessments and contribution to group activities, next steps for ensemble improvement, likes/dislikes, discussions in class and/or interactions with teacher and students. This is intended to be an informal written record of your "footprints" through the course. There should be one entry per week (Four per month). Length per entry is ¾ to 1 full page double spaced.

\*\*\*Some music courses required students to provide a reflection journal.