

Name: _____

3rd Quarter - 7th Grade Orchestra Goal Sheets

Goal sheets are due on: 3/24

This packet contains your weekly assignments for 3rd quarter. To make outstanding progress and receive the highest possible orchestra grade, the following assignments must be completed each week:

1. Write the number of times you practiced each piece in the grid provided.
2. Write in your practice for each day you practice. 1 pt for every day you practice. 5pts total, can receive up to 2 pts extra credit every week if you practice every day. 😊
3. Have a parent/guardian sign to confirm your practice. These are due at technique class.
4. Be prepared to play all of the assigned pieces at technique class.
5. Attend technique class and have all portions of your goal sheet filled out before you arrive.

Home Recitals for a Parent/Guardian:

When you feel that you are prepared, perform each of the following pieces for a parent/guardian this quarter. If they feel you were prepared on the piece, they should sign and date in the space provided. You will receive two points for each signature obtained by the last technique class of the quarter. Good luck and enjoy playing for an audience! 😊

Two points for each signature/date. Good luck and enjoy playing for an audience!

One point for each signature and one point for each rating. Good luck and enjoy playing for an audience! 😊

Parent Rating: Smile Face = Great dynamics (change in volume), Great tone(sound), Great posture, and Great intonation (sounds in tune)

Straight Face = Ok dynamics, Ok tone, Most posture looks good (some things not correct) and most notes are in tune but some weren't correct or sounded off

Sad Face = No dynamics, Tone was not good (sounded squeaky or rough), posture looks terrible, and poor intonation (lots of notes were out of tune)

Complete these songs by: 2/25 Week 5 Technique Class	Parent/Guardian Signature	Performance Rating
Selection of Piece for Your Instrument for Week 4 Test		
Book Song, Your Choice		
2 octave scale of your choice		
2 octave scale of your choice		
Concert Piece/Your Choice (write title):		
Complete these songs by: 3/24 Packet Due Date	Parent/Guardian Signature	Performance Rating
#165 D Natural Minor		
#170 Zum Gali Gali		
Concert Piece/Your Choice (write title):		
Concert Piece/Your Choice (write title):		
Concert Piece/Your Choice (write title):		

Graded During Week 5 Technique: Home Recital, Part #1

_____/10 points

Graded When Complete Packet is Due: Home Recital, Part #2

_____/10 points

Orchestra Reflection

(Each question is worth 2 points at the end of the quarter. You must use complete sentences for full credit.)

1. Describe one of your favorite pieces this quarter: _____

2. What have you enjoyed about orchestra so far this year: _____

3. What things are you most proud of achieving in orchestra this quarter: _____

4. Describe someone in orchestra who has been inspirational to you: _____

5. Did you sign up for orchestra next year? If yes, what are some things you are looking forward to the most in eighth grade? If no, what were your main reasons for not wanting to play: _____

6. Describe someone who you are glad to see each day in orchestra and why: _____

_____/12

Extra Credit options throughout the year:

5 pts – Read an article about an orchestra related topic. Write a one-page review (typed, 12pt, times) that summarizes the article including what you found interesting about the article.

5 pts – Attend a music concert (professional or student). Be a polite audience member. Turn in a concert program with your name on it and signed by a parent/guardian. If you are unsure if a performance applies, please ask your teacher.

Earning Points for Home Practice:

Students earn points for their time spent practicing at home. One point is given for every day that a student practices. We are looking for students to practice 5 days a week at home. If a student chooses to practice more than 5 days, an additional point of extra credit will be given for each additional day of practice. A parent/guardian signature earns students five points each week.

Place the date in the day box and the number of times you practice the exercise in the empty boxes below. I would suggest practicing each exercise multiple times a day.

Week 1 Attendance ____/5 **Q2 Week 9 Practice** ____/10

Exercise	Day 1 1/28	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
Vln: Bb 2 octave scale							
Vla: Eb 2 octave scale							
C/B: A 2 octave scale							
Orchestra music							

Parent's Initials _____

Week 2 Attendance ____/5 **Week 1 Practice** ____/10

Tests: C/B: A Major Scale ____/25

Vln: Bb Major Scale ____/25

Vla: Eb Major Scale ____/25

Exercise	Day 1 2/4	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
Vln/Vla: Bb/Eb 2 octave scale							
C: Eb 2 octave scale							
B: Bb 2 octave scale							
Orchestra music							

Parent's Initials _____

Week 3 Attendance ____/5 **Week 2 Practice** ____/10

Exercise	Day 1 2/11	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
Vln/Vla: Bb/Eb 2 octave scale							
C: Eb 2 octave scale							
B: Bb 2 octave scale							
Vibrato Exercises							
Orchestra music							

Parent's Initials _____

Week 4 Attendance ____/5 **Week 3 Practice** ____/10 **Home Recital Part 1 Due Next Week**

Tests: **Vln: Orchestra Music** ____/24 **B: Orchestra Music** ____/24

C: Orchestra Music ____/24 **Vla: Orchestra Music** ____/24

Exercise	Day 1 2/18	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#165 D Natural Minor							
#166 D Harmonic Minor							
#167 D Melodic Minor							
#169 Hey, Ho! Nobody Home							
#170 Zum Gali Gali							
#176 Pat-a-pan							
Vibrato Exercises							
Orchestra music							

Parent's Initials _____

Week 5 Attendance _____/5 **Week 4 Practice** _____/10

Home Recital Part 1 Due Today!

Exercise	Day 1 2/25	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#165 D Natural Minor							
#166 D Harmonic Minor							
#167 D Melodic Minor							
#169 Hey, Ho! Nobody Home							
#170 Zum Gali Gali							
#176 Pat-a-pan							
Orchestra music							

Parent's Initials _____

Week 6 Attendance _____/5 **Week 5 Practice** _____/10

Exercise	Day 1 3/3	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#165 D Natural Minor							
#166 D Harmonic Minor							
#167 D Melodic Minor							
#169 Hey, Ho! Nobody Home							
#170 Zum Gali Gali							
#176 Pat-a-pan							
Orchestra music							

Parent's Initials _____

Week 7**Attendance** ____/5**Week 6 Practice** ____/10**Tests:**

#165 D Natural Minor Scale ____/25

#170 Zum Gali Gali ____/24

Exercise	Day 1 3/10	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#159-161 E Minor Scales (Vla/C/B)							
#162 E Minor Arpeggio (Vla/C/B)							
#163 La Cinquantaine (Vla/C/B)							
#153 – 155 A Minor Scales (violins)							
#157 Scarborough Fair (violins)							
Orchestra music							

Parent's Initials _____

Week 8**Attendance** ____/5**Week 7 Practice** ____/10

Exercise	Day 1 3/17	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bow Hold, Posture, Instrument Position							
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#159-161 E Minor Scales (Vla/C/B)							
#162 E Minor Arpeggio (Vla/C/B)							
#163 La Cinquantaine (Vla/C/B)							
#153 – 155 A Minor Scales (violins)							
#157 Scarborough Fair (violins)							
Orchestra music							

Parent's Initials _____

Student Self Assessment: Give yourself a grade on the piece below:

Vla/C/B #163 La Cinquantaine or Vln #157 Scarborough Fair ____/24

Correct rhythm: 1 2 3 4

Correct intonation: 1 2 3 4

Tone Quality: 1 2 3 4

Correct dynamics/articulations: 1 or 2

Correct bowings: 1 or 2

Correct shifts: 1 or 2

Steady tempo: 1 or 2

Correct sitting posture: 1 or 2

Correct left hand posture: 1 or 2

Correct right hand posture: 1 or 2

things to fix: _____

KEEP THIS PAGE TILL Q4

Week 9 Attendance ____/5 **Week 8 Practice** ____/10 **Home Recital & Reflection Due!**

Tests: Vla/C/B: La Cinquantaine ____/24 **Vln: Scarborough Fair** ____/24

Vla/C/B: E Minor Scale 2 octave ____/25 **Vln: A Minor Scale 2 octave** ____/25

Exercise	Day 1 3/24	Day 2 3/25	Day 3 3/26	Day 4 3/27	Day 5 3/28	Day 6 3/29	Day 7 3/30
Tonalization Major & Minor memorized now							
Popcorn – pick two strings							
Review two octave scales for your instrument (C, G, D, F, Bb, Eb or A)							
#171-173 G Minor Scales							
#174 G Minor Arpeggio							
#175 Joshua							
#176 Pat-a-pan							
Brainstorm Chamber Music Selections							
Orchestra music							

Parent's Initials ____ **SPRING BREAK!!!**

Fill in the empty boxes on the left to show what you practiced each day.

Everyday you practice during Spring Break is 1 bonus point.

Exercise	Day 1 3/31	Day 2 4/1	Day 3 4/2	Day 4 4/3	Day 5 4/4	Day 6 4/5	Day 7 4/6
Bow Hold, Posture, Instrument Position							
orchestra music							

Parent's Initials _____