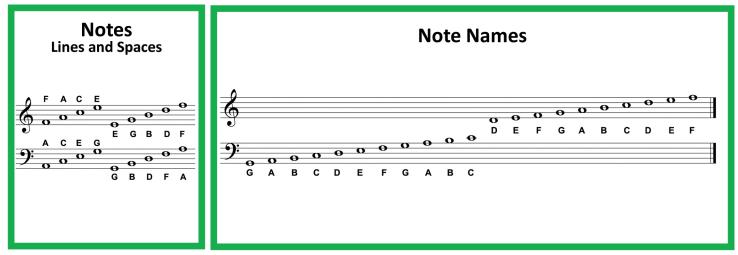


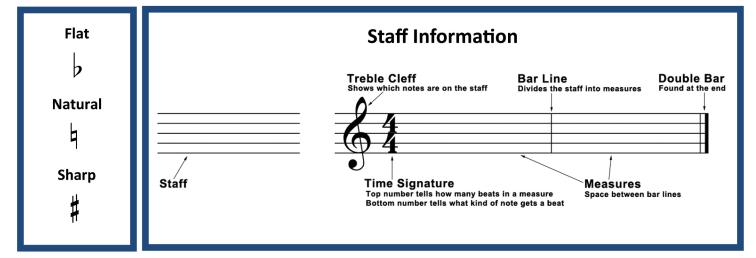
The Full Curriculum for Musical Excellence



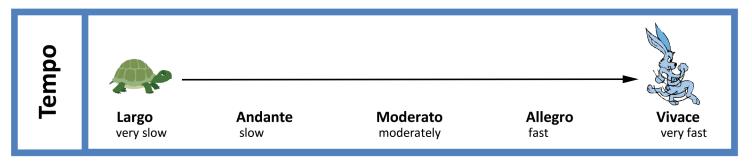
A Band Method Book by Nikki Crathorne & Al Gemberling

MUSIC BASICS





	Whole	Half	Quarter	Eighth	Sixteenth	Dynamics
Notes	0	0			₿	pp pianissimo very soft p piano soft mp mezzo piano medium soft mf mezzo forte medium loud
Rests	-	-	*	٩	٩	<i>f</i> forte loud <i>ff</i> fortissimo very loud
	4 Counts	2 Counts	1 Count	1/2 Count	1/4 Count	dim. diminuendo gradually get softer



In the Zone A Playbook for Musical Excellence

Teachers Guide

Students are actively engaged..... "In the Zone".... when using this book.

"In the Zone" is a complete curriculum!!!! There is no more need to gather supplemental materials to teach all of the basic musical concepts. We have done all of the work putting the materials together which allows you, the teacher, to spend your valuable time teaching your students.

What is "In the Zone"?

In the Zone is a new approach to music education. It provides a measurable way for students to progress through the basic fundamentals of music. Concepts are presented repeatedly in different ways so that students will not only recognize them, but they will understand and apply them. New concepts are not just mentioned at the top of the page..... with "In the Zone", students are actively involved in learning.

Why "In the Zone?"

As music educators dealing with beginning through college levels, we have noticed there are some gaps that occur in the existing methods available. Most concepts are left to the teacher to present and review. Other books provide music but not a systematic approach to successfully present all of the key elements needed to be a well-rounded musician.

Who should use "In the Zone"?

In the Zone is appropriate for any age music student. It is a great first method to complete as a requirement to enter an advanced ensemble. "**In the Zone**" was originally designed for the classroom but is also excellent for use in small groups or private instruction.

How to use "In the Zone".....

"In the Zone" is designed to be completed one unit at a time. There is flexibility within the unit as to what order it is completed. Student and teacher check-off sheets are included to help monitor progress. The director's book is designed so that the page numbers at the bottom coincide with the student books. Each page opens with the percussion part on the left and a concert pitch part on the right.

Student Practice Checks

Each unit begins with a student practice check page. This is where the student records what they have completed in the unit. Each Skill Builder and Song in the book has a practice check above it. When a student has practiced a selection they put an "X" through the number "1" above that selection. When they have completed all of the exercises one time, they may record their accomplishment on the practice check page. Students should do all of the items once before proceeding to check off number "2". Students must review each item "5" times before they complete a unit. Each time the selection must improve before the student should put an "X" on the next number. Students also record completed Theory, Rhythm and Composition on their practice check page.

Teacher Check-off Sheets

We have included teacher check-off pages to help teachers with multiple classes keep track of class progress. Please feel free to reproduce these as needed.

Unit playing Test

Each unit has a unit test sheet already prepared. Please duplicate as needed. When a unit is completed have each student:

- Clap and count a randomly chosen exercise from the unit
- Sing note names (on pitch) and finger a randomly chosen exercise from the unit
- Play a randomly chosen exercise from the unit on their instrument

Skill Builders

Skill Builders help the student develop the basic skills needed to succeed as a musician. Isolating each of these skills and developing them progressively is crucial for proper development.

Skill Builders are written in two-parts

- To help keep the mind focused
- To provides equal amounts of resting and playing to help develop the embouchure

Practice Options

- Woodwinds play line A and brass buzz line B on their mouthpieces
 - This helps the brass develop a full tone
 - Repeat with brass playing their instruments
 - Only one or two buzzing exercises are recommended per day
 - Basses can play either line to support the wind instruments
- Have a soloist or section play one line while the rest of the class plays the other This is a great way to give individualized attention while everyone is participating

- Have a teacher or advanced student play line A to model desired sound while other students play line B.
- Have the entire class clap and count each exercise before they play it. Percussionist can do "stick clicks" or play on the rims of the drums to make it easier to monitor the rhythmic accuracy. Everyone clapping will be doing one rhythm and the percussion will be "stick clicking" another rhythm.
- Have entire class sight sing each exercise before playing it.
 - Sight singing using note names and appropriate fingerings on instruments is a wonderful way to connect note reading, fingerings, and pitch internalization.
 - Sight sing using your preferred method.

Long Tones

Objective: To develop tone quality

- Focus on a relaxed and steady tone
- Develop proper breath support
- Practice controlling the beginning and ending of the notes
- This is a great time to check for proper embouchure and playing position

Slurs

Objective: To build embouchure and flexibility

- Focus on a consistent sound between notes
- Visualize the sound going straight rather than up and down to avoid excessive movement

Scales

Objective: To learn new notes and musical patterns

- Say the note names with a steady beat
- Play from memory
- Make sure students can read and play the notes in one unit before proceeding to the next unit.

Technique

Objective: To coordinate the tongue and fingers

- Start slow and increase speed
- Maintain accuracy as you gain speed

Chorale

Objective: To listen for proper blend and balance

- Apply quality tone to ensemble playing
- Listen for other parts
- Develop a sensitivity to balance and blend within a section and between parts

Theory

Each unit contains a theory lesson in each of the following areas. Each topic is reviewed and progresses through 10 levels to ensure optimum retention.

Note Reading

There is a note identification worksheet that specifically targets the notes used in the current unit. This is a great way for the student to review and demonstrate their ability to identify notes.

Piano Keyboard

The ability to visualize a keyboard can be very helpful in many areas of music. This section starts out by identifying the white keys. It progresses through the sharps, flats and enharmonic names for each note.

Key Signatures

The key signature lessons start by presenting the order of sharps and flats. The lessons progress to properly identifying key signatures and applying accidentals to notes altered by the key signature.

Notation

Students see music notation on the page but there is a deeper understanding of how music is notated when students write it themselves. Keep high standards for your students in this area. Make sure they are paying attention to detail with their notation. You can learn a lot about their understanding of music by observing their notation.

Time Signatures

We have included basic exercises to help students understand different time signatures. They learn to determine how many beats are in a measure, what kind of note gets a beat, and how to put together different combinations of notes and rests to fill a measure in a given time signature.

Transpositions

Learning to transpose is necessary for students playing transposing instruments. We have developed a system where everyone learns to transpose for all instruments. This helps everyone better understand how music works and helps prepare students to write music for any instrument.

Dynamics

Proper use of dynamics is key to a great performance. We want students to be aware of them and make it part of their sight reading. Exercises are presented in different forms to ensure student comprehension.

Scale Spelling

We start by making students aware of the musical alphabet and the fact that there is one of each letter in a basic scale. We progress along with key signatures, to a point where students can write out a scale when given only the corresponding key signature.

Terms and Symbols

Each unit reviews basic terms and symbols so that the student will recognize them in a piece of music and will know what they represent. Isolating these terms and symbols makes learning them less intimidating than while trying to read notes, count rhythms, and get proper fingerings.

Rhythm

Rhythm is a major part of music so we have given extra attention in this area. We have included two worksheets in each unit that approach rhythms from different views. We also included a rhythm ensemble in each unit that can be clapped, played with sticks on chairs, played on instruments or anything you can come up with. We strongly encourage you to clap and count every exercise in the book before you play it with your ensemble. We have done this and the results have been amazing.

Songs

Each unit contains songs that consist of the notes, rhythms, key signatures, etc. that have been presented in the unit.

Rounds and Trios

We have included rounds and trios to help students develop independence. Please feel free to be creative in how you dividing your group into the different parts.

Composers

Starting with Unit 3, a composer is highlighted in each unit. There is a short biographical section followed by some questions to ensure student understanding. We have included a composition by the composer so the students can associate the work with the composer.

Composition

Students put together what they have learned in the unit and write a composition of their own. If a student can write their own piece they demonstrate a true understanding of the concepts they have been studying.

Skill Builder Tips

- If possible, practice skill builders with a friend
- Listen.... always strive to improve your sound

Call and answer (two-part) warm-ups.....

- Help keep the mind focused
- Provide equal amounts of resting and playing to help prepare for the next entrance

Practice Options

- Woodwinds play line A and Brass buzz line B on their mouthpieces This helps the brass develop tone
 - Repeat with brass playing their instruments
 - Mallets can play either line to support the wind instruments
- Have a soloist or section play one line while the rest of the class plays the other This is a great way to give individualized attention while everyone is participating
- Have a teacher or advanced student play line A to model desired sound Students play line B.

Long Tones/Rolls

Objective: To develop even sound

- · Focus on a consistent sound throughout the note
- Control the mallets so both hands are at the same height

Slurs

Objective: To build flexibility

- Focus on a consistent sound between notes
- Read ahead to be in position for the upcoming notes

Scales

Objective: To learn new notes and musical patterns

- Say the note names with a steady beat
- Play from memory

Technique

Objective: To coordinate both hands

- Start slow and increase speed
- Maintain accuracy as you gain speed

Chorale

Objective: To listen for proper blend and balance

- Apply quality tone to ensemble playing
- Listen for other parts

In the Zone - Unit 3 Teacher Check-off Sheet

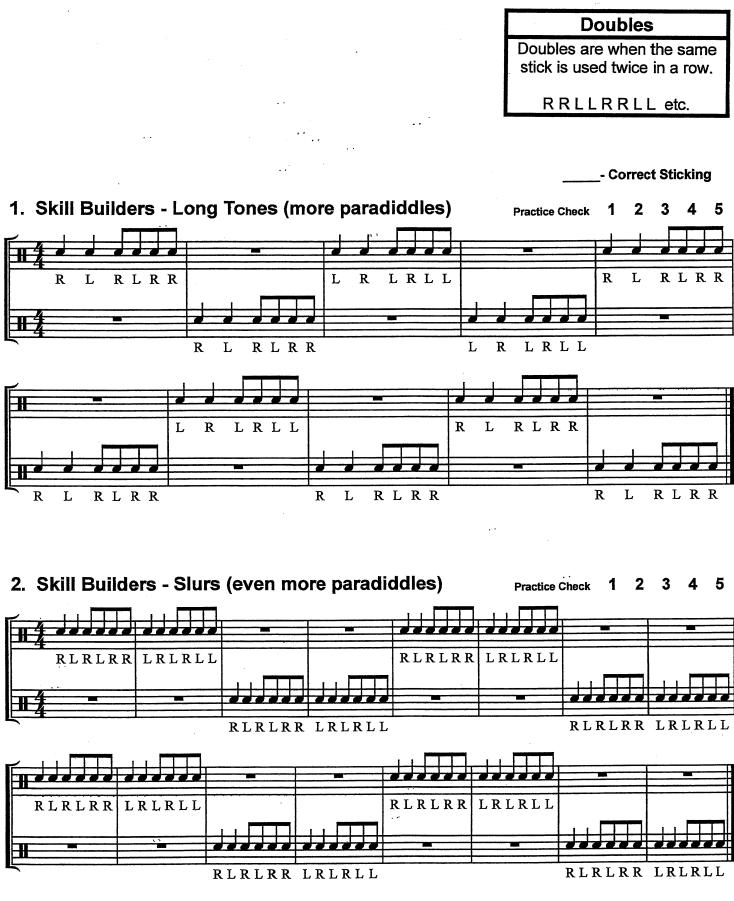
Class

Class					
	1	2	3	4	5
Skill Builder 1 – Long Tones					
Skill Builder 2 – Slurs					
Skill Builder 3 – Slurs					
Skill Builder 4 – Scales					
Skill Builder 5 – Scales					
Skill Builder 6 – Scales					
Skill Builder 7 – Scales					
Skill Builder 8 – Scales					
Skill Builder 9 – Scales					
Skill Builder 10 – Technique		9			
Skill Builder 11 – Chorale					
Theory – Note Reading					
Theory – Piano Keyboard					
Theory – Key Signatures					
Theory – Notation					
Theory – Dynamics					
Theory – Time Signatures					
Theory – Transpositions					
Theory – Scale Spelling					
Theory – Terms and Symbols					
Rhythm – Worksheet A					
Rhythm – Worksheet B					
Rhythm – Ensemble					
Songs 1 – Good King Wenceslas					
Songs 2 – Mary Had a Little Lamb					
Songs 3 – The Troubadour					
Songs 4 – Go Tell Aunt Rhodie					
Songs 5 – Oats, Peas, Beans					
Songs 6 – Some Folks Do					
Songs 7 – Sweetly Sings the Donkey					
Songs 8 – Basic Blues Bass Line					
Composer – Beethoven					
Composer – Song – Ode to Joy					
Composer – Questions					
Compose – Yourself					

In the Zone Practice Check – Unit 3

Done	Material	Explanation			
	Practice Check #1	Practice each skill builder			
	Skill Builders	Mark all practice check 1's as you complete them.			
	Practice Check #2	 Review all Skill Builders Mark all practice check 2's as you complete them. 			
	Skill Builders	Improve each skill builder each time you practice! Review all Skill Builders			
	Practice Check #3 Skill Builders	 Mark all practice check 3's as you complete them. 			
	Practice Check #4	Improve each skill builder each time you practice! Review all Skill Builders			
	Skill Builders	 Mark all practice check 4's as you complete them. 			
	Practice Check #5	 Improve each skill builder each time you practice! Mark practice check number 5 for each skill builder only if you 			
	Skill Builders	 have mastered the exercise. Continue to practice until you have mastered each skill. 			
	Theory - Note Reading	Complete the worksheet			
	Theory - Piano Keyboard	Complete the worksheet			
	Theory - Key Signatures	Complete the worksheet			
	Theory - Notation	Complete the worksheet			
	Theory - Time Signatures	Complete the worksheet			
	Theory - Transpositions	Complete the worksheet			
	Theory - Dynamics	Complete the worksheet			
	Theory - Scale Spelling	Complete the worksheet			
	Theory - Terms and Symbols	Complete the worksheet			
	Rhythm - Worksheet	Complete the worksheet			
• .	Rhythm Ensemble	Practice all four parts until you have mastered them			
	Fill in the blanks - Songs	Identify each item that has a blank next to it.			
	Practice Check #1 - Songs	 Practice each song Mark all practice check 1's as you complete them. 			
	Practice Check #2 - Songs	 Review all Songs Mark all practice check 2's as you complete them. Improve each song each time you practice! 			
	Practice Check #3 - Songs	 Review all Songs Mark all practice check 3's as you complete them. Improve each song each time you practice! 			
	Practice Check #4 - Songs	 Review all Songs Mark all practice check 4's as you complete them. Improve each song each time you practice! 			
	Practice Check #5 - Songs	 Mark practice check number 5 for each song only if you have mastered the song. Continue to practice until you have mastered each song. 			
	Composer - Beethoven	Read the information about Ludwig van Beethoven			
	Composer - Song	Practice Beethoven's "Ode to Joy" until you have mastered it			
	Composer - Questions	Answer the questions			
	Compose Yourself	Write a song			
	Compose Yourself	Play your song			
	Compose Yourself	Have someone else play your song			
	 All Materials in Unit 3 are Mastered All Practice Checks have been completed Congratulations!!!! You may proceed to Unit 4 				

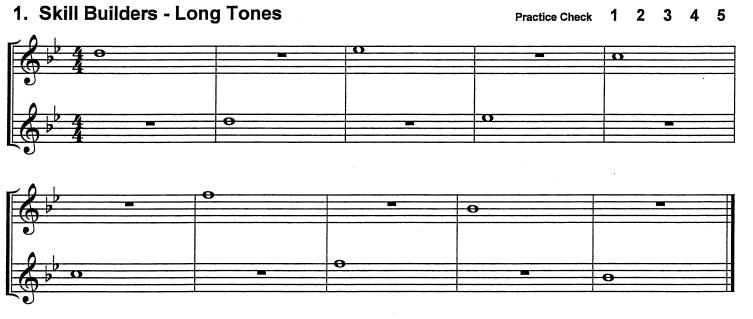
Unit 3 – Skill Builders



Unit 3 – Skill Builders

New Note
F
\$

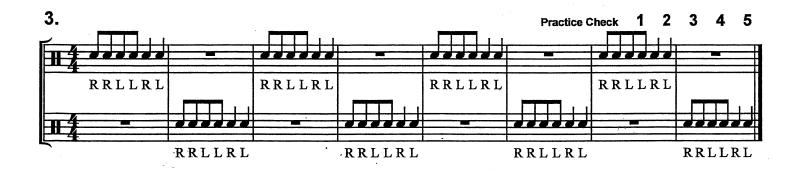
- Nice Tone Quality



2. Skill Builders - Slurs

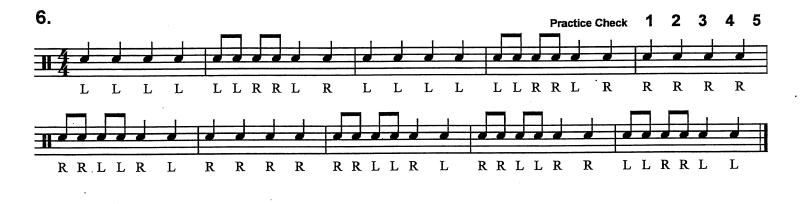
Practice Check 1 2 3 4 5

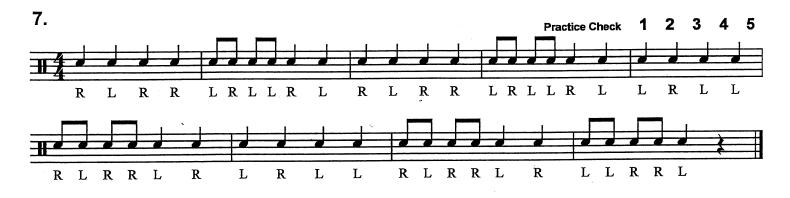






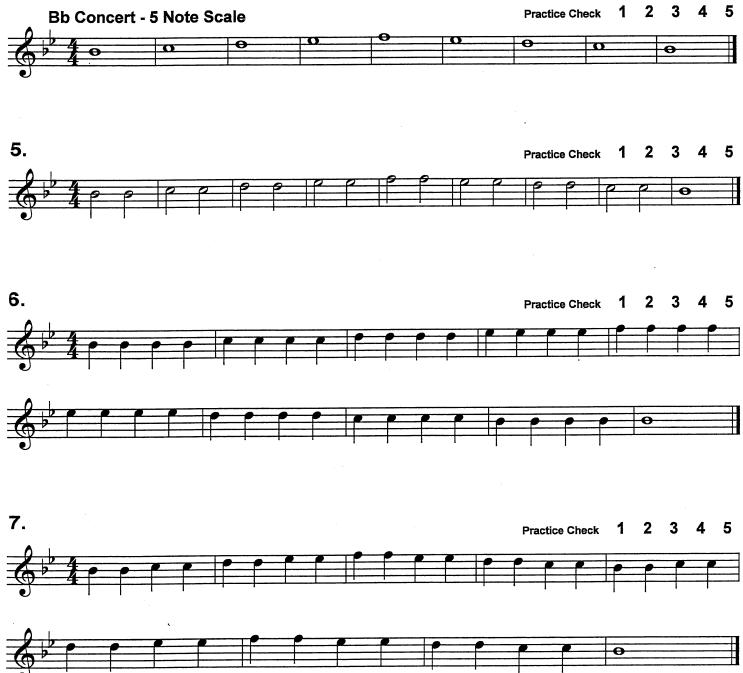


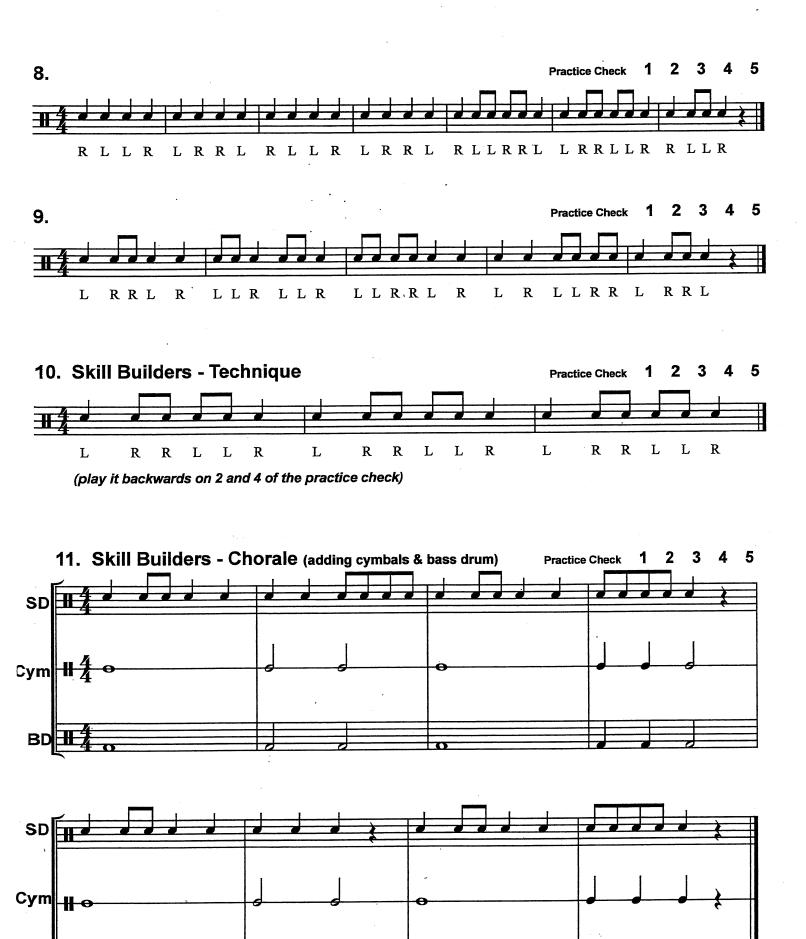












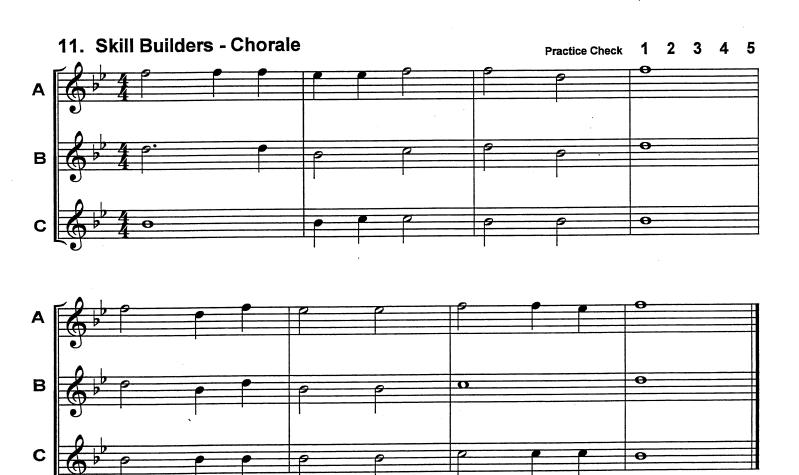


BD

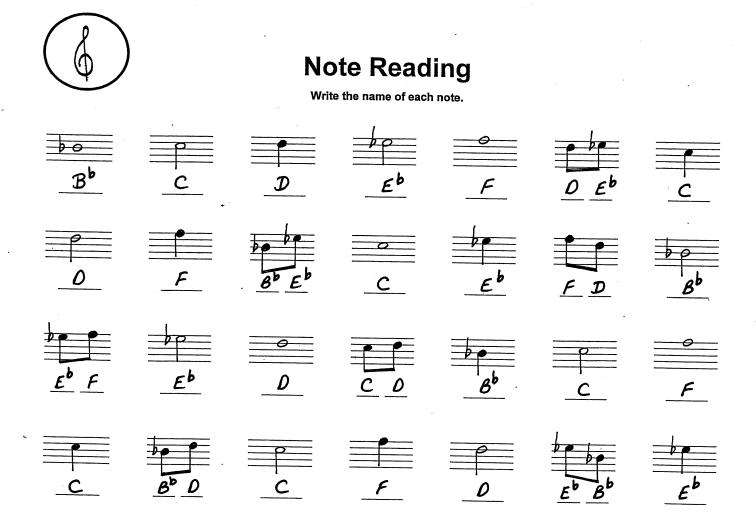








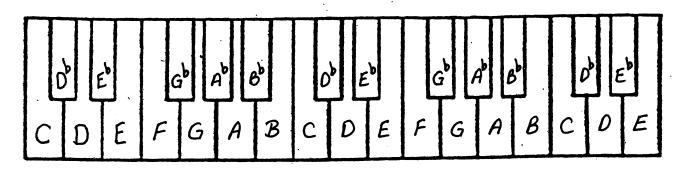
Unit 3 – Theory



Piano Keyboard

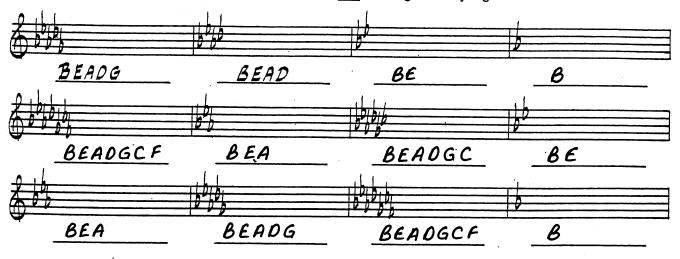
Write the names of the white keys.

Write the name of the smaller key (black on the piano) to the left of each white key. This note will have the same name as the white key with a flat added.



Key Signatures

Write the names of the notes that will be <u>flat</u> in the given key signature.

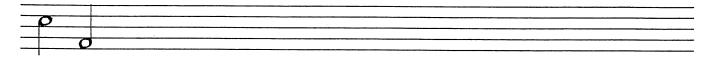


Notation

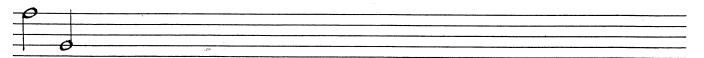
Half Notes

Notes on the middle line and higher have stems down – on the left side of the note head Notes below the middle line have stems up – on the right side of the note head

Practice drawing half notes on spaces.



Practice drawing half notes on lines.



Dynamics

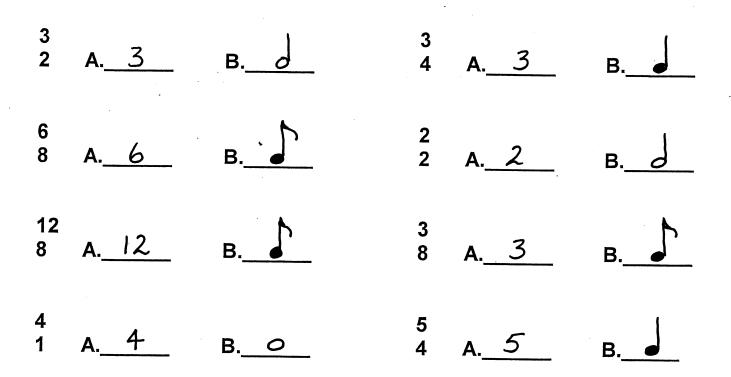
Complete the chart:

Symbol	Term	Definition		
рр	pianissimo	very soft		
р	PIANO	soft		
mp	MEZZO PIANO	medium soft		
mf	MEZZO FORTE	medium loud		
f	FORTE	loud		
ff	FORTISSIMO 37	very loud		

Time Signatures

Fill in the blanks.

A. How many beats are in a measure?B. What kind of note gets a beat?



Transposition

List the instruments that have the given transpositions:

Same	FLUTE	TROMBONE	Bass
	OBOE	BARITONE B.C.	MALLET PERCUSSION
	BASSOON	TUBA	
Up 2	CLARINET	TENOR SAXOPHONE	BARITONE T.C.
	BASS CLARINET	TRUMPET	
Down 3	ALTO SAXOPHONE	BARITONE SAXOPHONE	
Down 5	FRENCH HORN	38	
		50 j	

Scale Spelling

Write the names of the notes for the given scales. Remember to go backwards alphabetically when you go down. 0 θ 0 Θ σ Θ 0 Ð D _<u>C</u> E F G С В A A 0 -0 0 • 0 Θ E D B F F С G A θ 0 Θ 0 • 0 -0 0 A в D E С F A G $\overline{}$ -0 0 • 0 0 0 Θ в D С F E A G Ε

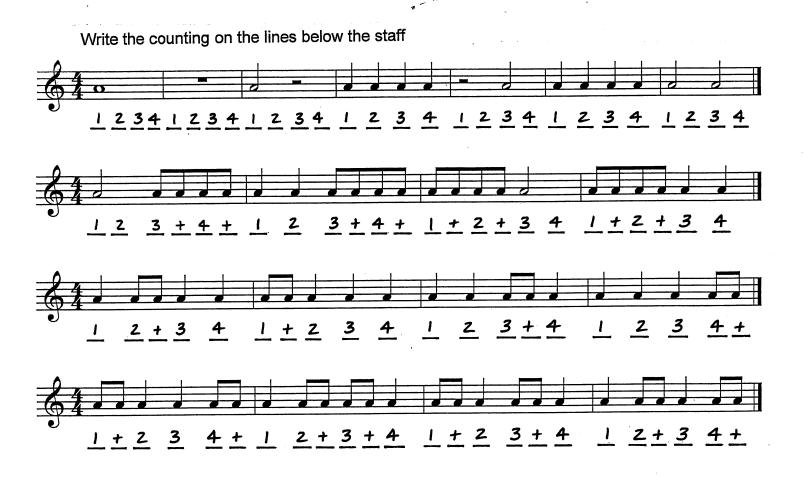
Terms and Symbols

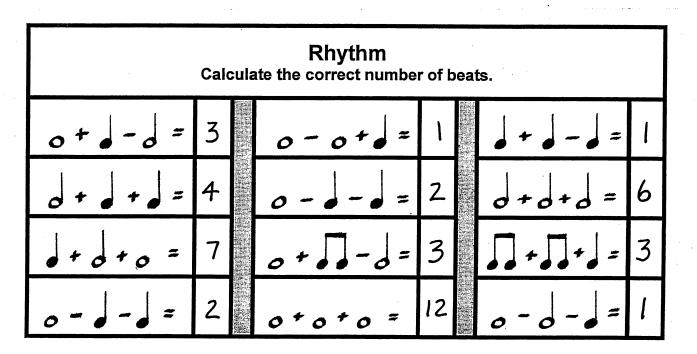
Complete the chart:

Orchestration					
Term	Definition				
Solo	ONE PLAYER				
Duet	TWO PARTS				
Trio	THREE PARTS				
Unison	ALL ON THE SAME PITCHES				
Tutti	ALL TOGETHER				
Soli	PLAYED TOGETHER AS A GROUP				

.

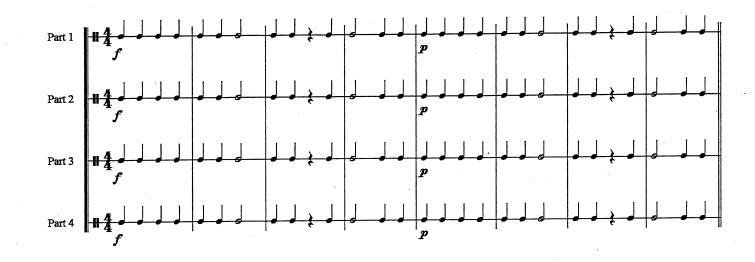
Unit 3 – Rhythm

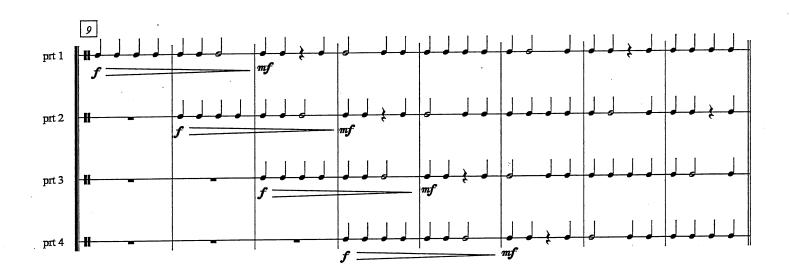


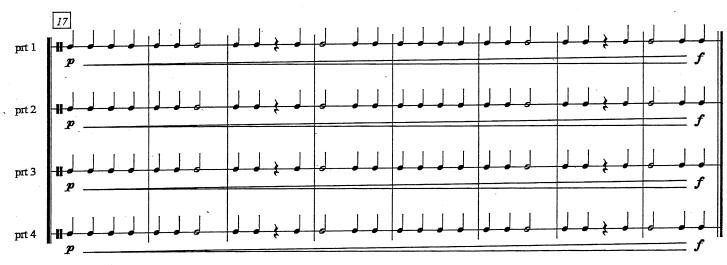


40

Rhythm Ensembles in 4 - #3 Clap, Stomp, Hit, Play... Come up with your own way!







41

Unit 3 - Songs

1. Good King Wenceslas

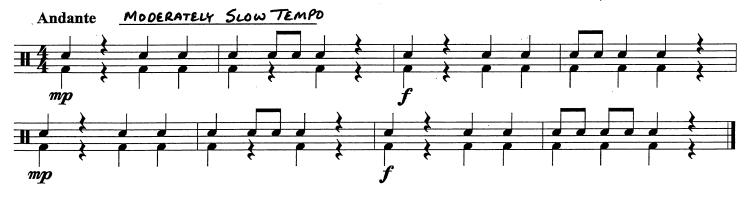




3. The Troubadour

Practice Check 1 2 3 4 5

Practice Check 1 2 3 4 5



Unit 3 - Songs

1. Good King Wenceslas

Practice Check 1 2 3 4 5

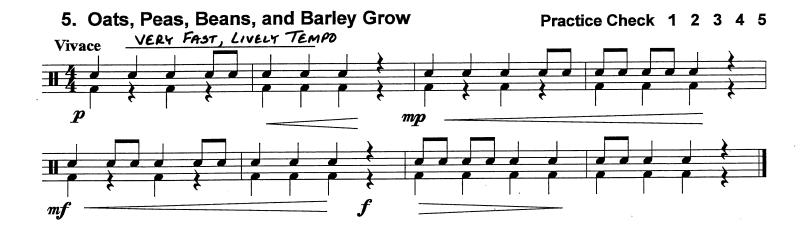


3. The Troubadour

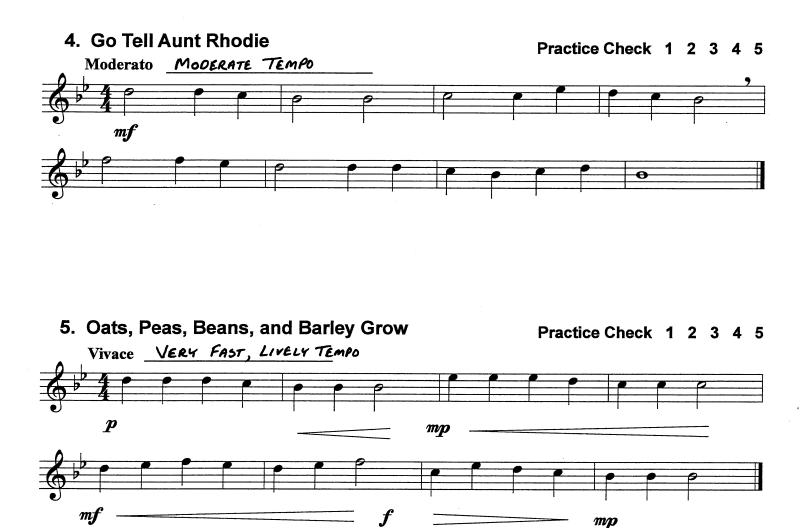
Practice Check 1 2 3 4 5



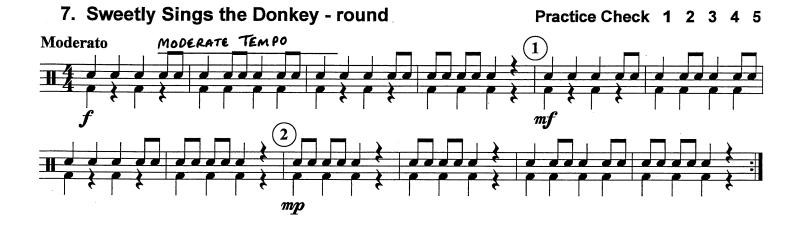




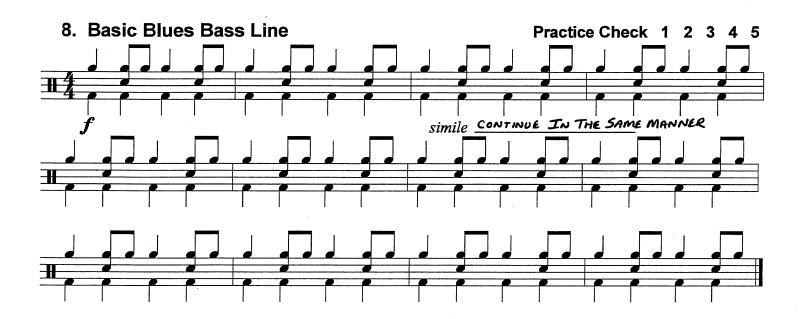


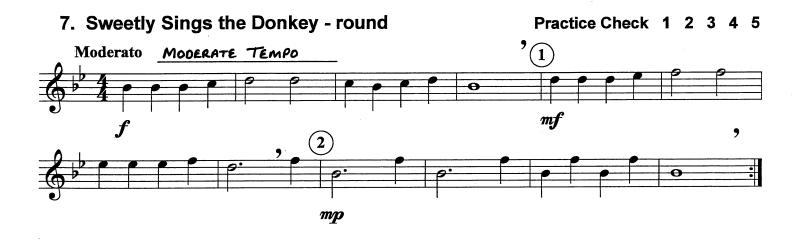






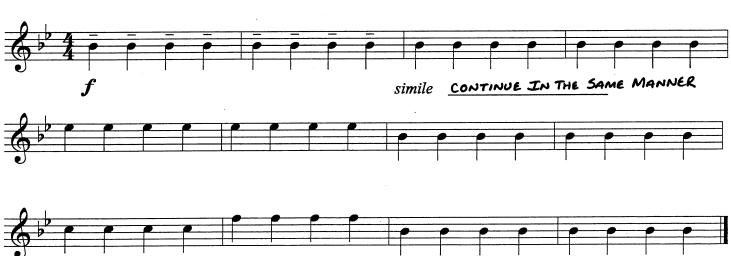
Make your own solo!!!! - (Percussion practices the swing beat!) The two eighth notes should be "Swung".





Make your own solo!!!! - one note solo

Take turns playing a solo while the rest of the group plays the "Basic Blues Bass Line". Play a solo using the note "Bb" and add rhythms to make it interesting.



8. Basic Blues Bass Line

Practice Check 1 2 3 4 5

Unit 3 Composer

BEETHOVEN

Ludwig van Beethoven

Born: Died:

1770 1827 Bonn, Germany Vienna, Austria

German Composer

Highlights of his life: 4 years old 11 years old 13 years old 18 years old 30 years old

Started taking piano lessons from his father. Was assistant to the court organist. Had several piano compositions published. Became legal guardian of two younger brothers. Began to lose his hearing.

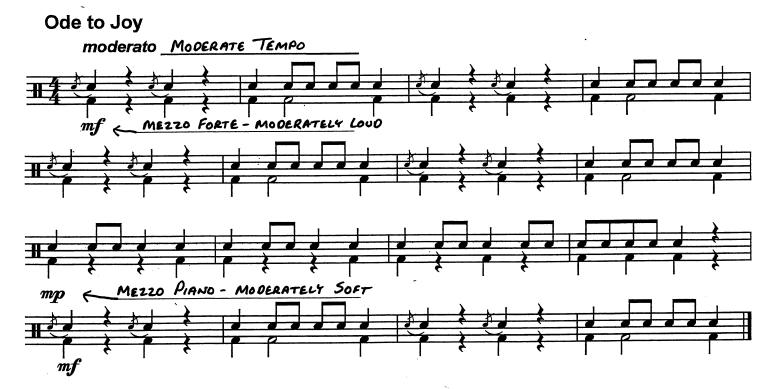
Famous for: The nine Symphonies he composed.

Family:

Made up of many musicians

Reputation:

Many think he had the highest level of musical genius.



Unit 3 Composer

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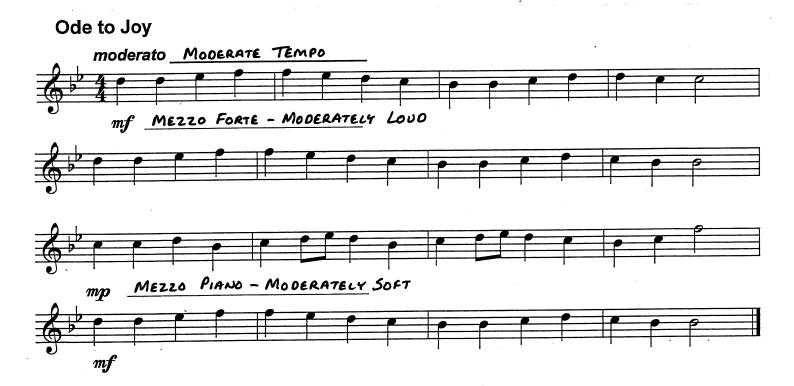
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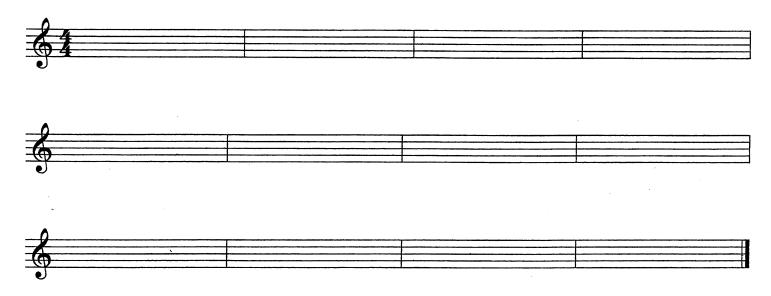


Ludwig van Beethoven Composer Questions

How many symphonies did Beethoven compose?9
Who did Beethoven study piano with at age 4? <u>His FATHER</u>
Where was Beethoven born? <u>BONN</u> , GERMANY
How old was Beethoven when he became legal guardian of his two younger brothers?
How old was Beethoven when he began to lose his hearing?30
What years did Beethoven live? 1770 - 1827

Compose Yourself

Compose a melody using the notes and rhythms from this unit. Perform your composition for someone. Invite someone to play your composition.



In the Zone Test – Unit 3

Class_

CId55				·····		
Student Name	Page/ Exercise	Clap	Page/ Exercise	Sing	Page/ Exercise	Play
	Pg.35 #9		Pg.42 #2		Pg.43 #4	
	Pg.35 #10		Pg.42 #3		Pg.43 #5	
	Pg.42 #1		Pg.43 #4		Pg.43 #6	
	Pg.42 #2		Pg.43 #5		Pg.35 #9	
	Pg.42 #3		Pg.43 #6		Pg.35 #10	
	Pg.43 #4		Pg.35 #9		Pg.42 #1	
	Pg.43 #5		Pg.35 #10		Pg.42 #2	
	Pg.43 #6		Pg.42 #1		Pg.42 #3	
	Pg.35 #9		Pg.42 #2		Pg.43 #4	
	Pg.35 #10		Pg.42 #3		Pg.43 #5	
	Pg.42 #1		Pg.43 #4		Pg.43 #6	
	Pg.42 #2		Pg.43 #5		Pg.35 #9	
	Pg.42 #3		Pg.43 #6		Pg.35 #10	
	Pg.43 #4		Pg.35 #9		Pg.42 #1	
	Pg.43 #5		Pg.35 #10		Pg.42 #2	
	Pg.43 #6		Pg.42 #1		Pg.42 #3	
	Pg.35 #9		Pg.42 #2		Pg.43 #4	
	Pg.35 #10		Pg.42 #3		Pg.43 #5	
·	Pg.42 #1		Pg.43 #4	-	Pg.43 #6	
	Pg.42 #2		Pg.43 #5		Pg.35 #9	
	Pg.42 #3		Pg.43 #6		Pg.35 #10	
	Pg.43 #4		Pg.35 #9		Pg.42 #1	
	Pg.43 #5		Pg.35 #10		Pg.42 #2	
	Pg.43 #6		Pg.42 #1		Pg.42 #3	
	Pg.35 #9		Pg.42 #2		Pg.43 #4	