

Personal Instrumental Goals for Orchestra

Name: _____

Date: _____

Use complete sentences, please.

Remember to complete part C before taking your playing test.

A) List a specific goal(s) that you will try to achieve this marking period. Your goal should pertain to right hand technique/tone, including factors like bow placement, bow alignment, arm weight, flat hair, etc. Other examples include playing in the lower half of the bow, or performing specific techniques such as martele or spicatto. (Ex. Play etude "X" at quarter note = 72 with a full, resonant tone by using slow bows, close to the bridge, with appropriate arm weight for written dynamics). **10 points**

B) What/ how will you practice to achieve this? (Book exercises, etudes, warm ups, watch my bowing in the mirror, record myself, etc. Be specific.) **10 points**

Practice Structure: You should plan on spending 10 minutes per section for a total of 30-40 minutes per practice session. This is meant to be a general guideline to help you structure your time and monitor your progress toward your goals. See Mrs. Cliff for specific help.

	Violin/Viola	Cello	String Bass
Warm up List the bowing (L.H., U.H., W.B.) List the articulation (legato, staccato, brush stroke, martele) Watch sounding point.	Open strings, articulations Elbow level with the wrist.	Open strings, articulations Frog to floor.	Open strings, articulations Frog to floor. Arm weight sinks into string.
Technique Name key, rhythm, and tempo	Scales: 2 or 3 octaves Slur 2 or 4 notes per bow. Repeat tonic. Also thirds and arpeggios.	Scales: 2 or 3 octaves Slur 2 or 4 notes per bow. Repeat tonic. Also thirds and arpeggios.	Scales: 1 or 2 octaves Slur 2 per bow. Repeat tonic. Also thirds and arpeggios.
Literature Choose a tune and work on a section until it is better (good intonation, accurate rhythm, good tempo, etc.) Note: It should not necessarily be your favorite tune! ☺	Ensemble music for string orchestra, full orchestra, chamber music	Ensemble music for string orchestra, full orchestra, chamber music	Ensemble music for string orchestra, full orchestra, chamber music
Solo Work Pick a specific section each practice session and make it better.	Audition pieces for county/ district. Tri M recital, duets	Audition pieces for county/ district. Tri M recital, duets	Audition pieces for county/ district. Tri M recital, duets

C) Post goal Critique (complete before handing in): Did you reach your goal? Why or why not? What is the next step? 20 points

D) Orchestral Excerpts 40 points

E) Sight-Reading 10 points
