

Anthony Bands Weekly Practice Guide

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-Up (5-10 min)	Warm-Up (5-10 min)	Warm-Up (5-10 min)	Warm-Up (5-10 min)	Warm-Up (5-10 min)
<i>Warm up packet from rehearsal various exercises.</i>	<i>Warm up packet from rehearsal various exercises.</i>	<i>Warm up packet from rehearsal various exercises.</i>	<i>Warm up packet from rehearsal various exercises.</i>	<i>Warm up packet from rehearsal various exercises.</i>
Rhythm (5-10 min)	Rhythm (5-10 min)	Rhythm (5-10 min)	Rhythm (5-10 min)	Breathing
Sight Reading Factory https://www.sightreadingfactory.com/mixer-instrument-family?mediumId=rhythmonly	Sight Reading Factory https://www.sightreadingfactory.com/mixer-instrument-family?mediumId=rhythmonly	Sight Reading Factory https://www.sightreadingfactory.com/mixer-instrument-family?mediumId=rhythmonly	Sight Reading Factory https://www.sightreadingfactory.com/mixer-instrument-family?mediumId=rhythmonly	Follow your own or breathe along with my old friend Patrick with Breathing Gym https://www.youtube.com/watch?v=_U5ms4DKTPE
Scales (5-10 min)	SR Factory (5-10 min)	Scales (5-10 min)	SR Factory (5-10 min)	Learn a tune by ear
Review scales you know but make them better - tone, articulation, steady beat, smooth transitions between notes.....	<i>sightreadingfactory.com</i> https://www.sightreadingfactory.com/mixer-instrument-family <i>Go to your instrument and choose music to read by difficulty level.</i>	Learn a brand new scale from your method book or in Smart Music	<i>sightreadingfactory.com</i> https://www.sightreadingfactory.com/mixer-instrument-family <i>Go to your instrument and choose music to read by difficulty level.</i>	Choose a favorite theme song, video game song, tv commercial jingle and try it by ear.
Practice Something You Already Know (15-30 minutes)	Learn Something New (15-30 minutes)	Activity Day (15-25 minutes)	Practice Something You Already Know (15-30 minutes) or listen to music that is new to you.	Activity Day (25-30 minutes)
Smart Music Assignment	Method Book, a solo in Smart Music... Explore music theory games https://www.musictheory.net/exercises	Do Google Classroom Band assignment #1	Smart Music Assignment or play for fun. Relax your mind and play one of your favorite tune. Compliment yourself! Think how good you are since you first put your instrument together!	Do Google Classroom Band assignment #2