HOW THE

TRADITION OF EXCELLENCE

BAND METHOD ADDRESSES EACH OF THE GRADE 5–8 NATIONAL STANDARDS

Contained in this booklet are just a few of the many exercises included in the *Tradition of Excellence* band method designed to help the student meet and surpass each of the grade 5–8 National Standards.





ABOUT THE AUTHORS



Bruce Pearson grew up in Bloomington, Minnesota. He has taught at the elementary, junior high, high school, and college levels for over 40 years. In December of 1998, Dr. Pearson was awarded the prestigious Midwest Clinic Medal of Honor in recognition of his outstanding contributions to music education. In 2007, he was the recipient of the Distinguished Alumni award at St. Cloud State University. Also in 2007, he was recognized as the first Patron for the Maryborough Conference in Queensland, Australia. Dr. Pearson continues to serve as a guest lecturer, clinician, and conductor in addition to his work as a composer, arranger, and author.

Dr. Pearson and his wife, Dee, presently live in Elk River, Minnesota—a part of the Minneapolis-St. Paul metropolitan area.



Ryan Nowlin, a native of Cleveland, Ohio, holds both his Bachelor of Music and Master of Music degrees from Bowling Green State University (Ohio). He has taught for ten years at the beginning, middle school, high school, and college levels, including wind ensemble, jazz ensemble, and marching band direction. Mr. Nowlin was an instructor of conducting and band scoring at BGSU and was recently recognized as one of the university's Accomplished Graduates. In 2010, Mr. Nowlin joined "The President's Own" United States Marine Band, where he currently serves as staff arranger.

This work presented by the publisher has been prepared by Ryan Nowlin in an unofficial capacity and neither "The President's Own" United States Marine Band, the U.S. Marine Corps, nor any other component of the Department of Defense or the U.S. Government has endorsed this material.

NATIONAL STANDARDS FOR ARTS EDUCATION: MUSIC

What every young American should know and be able to do in music **Grades 5 – 8**

Each musicianship standard that is addressed by the exercise is identified above the exercise.

1. Content Standard: Singing, alone and with others, a varied repertoire of music

Achievement Standards

a. sing accurately and with good breath control throughout their singing ranges, alone and in small and large ensembles.

Interactive Teacher Studio Book 1, page 64

Singing is critical to the complete development of instrumental music students, and should be a part of training from the very beginning. Singing helps to develop their audiation skills—that is, for the students to be able to hear the music before they play it. A good vocal warm-up is essential at the start of any lesson that includes singing. Employ warm-ups such as the one below that relax the voice and promote good vocal health.

BASIC WARM-UP FOR SINGING

Loosen up: Have students shake out their arms and legs to release tension in their muscles.

Establish posture: Tell students to stand/sit up straight as if an invisible string attached to the top of their heads is holding them up.

Develop breathing: Have students take a breath without lifting their shoulders. Then, while keeping a steady beat, have them push out the air using a continuous "sss" or "fff" sound, telling them to make sure all of the air is exhaled by the time eight counts have passed. Repeat, varying number of counts. Rhythmic sizzling (for example, vocalizing "sss" in a series of quarter note bursts) can also be used when expelling the air. For more detailed information on breathing development, see *Teaching Band With Excellence*, pages 32-33.

Warm-up and relax the voice:

- Create an exercise using three or four notes in a stepwise pattern. Sing the exercise on "ah" or "oo" and have students echo you. Start in the middle register, then repeat the exercise a few more times, starting the exercise a half step higher or lower each time.
- Sing a note using "ah" or "oo," slide up to a note a fifth above it, then slide back down again. Have students echo you. Move up and down by half steps. Tell students to try to feel their voice singing all of the pitches in between the beginning and ending notes.
- Have students vocalize siren-like sounds that sweep from low to high and back to low. Use the syllable "woo" and
 have students accompany the sweep of sound with an arm gesture that matches the pitch contour. Begin in the
 middle register at a low volume, increasing the range and volume as the warm-up progresses.

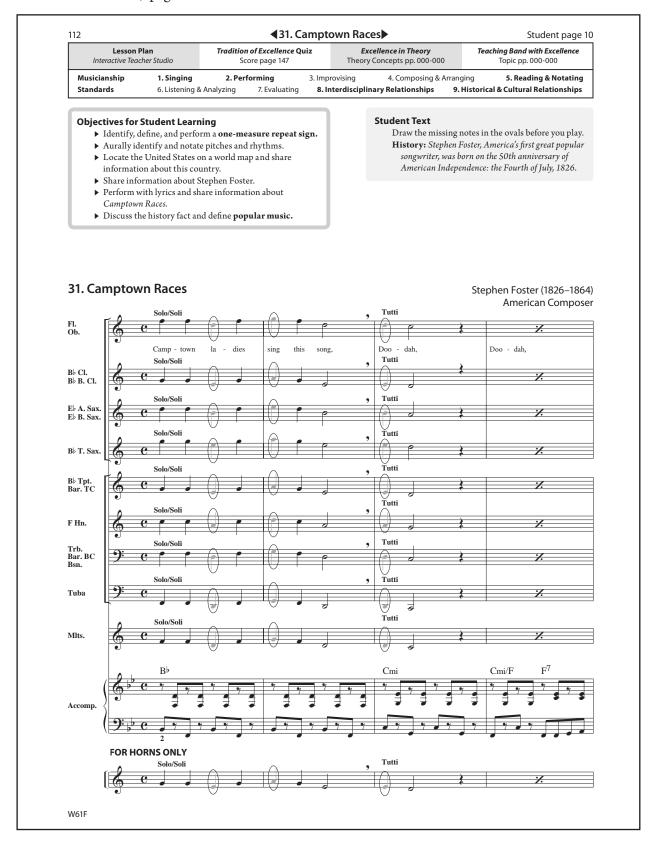
B Clarinet Book 2, page 3



b. sing with expression and technical accuracy music representing diverse genres and cultures, with expression appropriate for the work being performed



b. sing with expression . . . continued from page 4



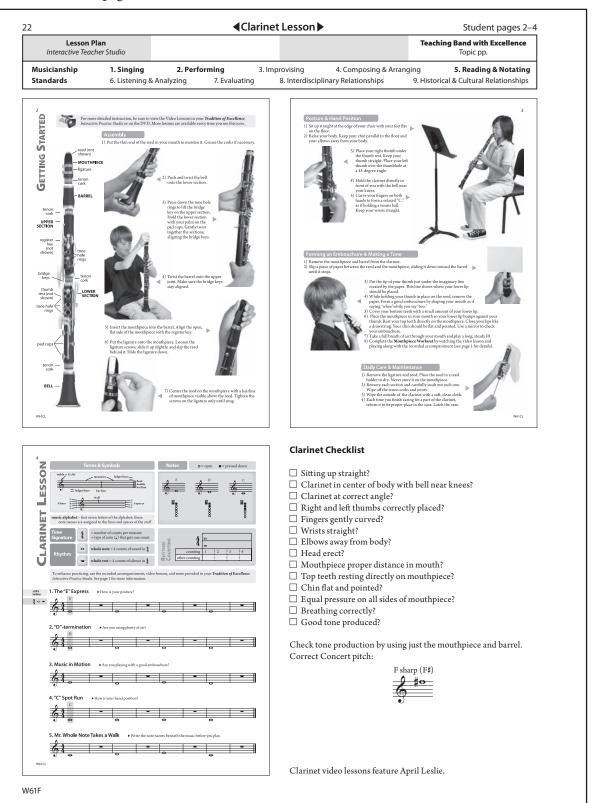
b. sing with expression . . . continued from page 5



2. Content Standard: Performing on instruments, alone and with others, a varied repertoire of music

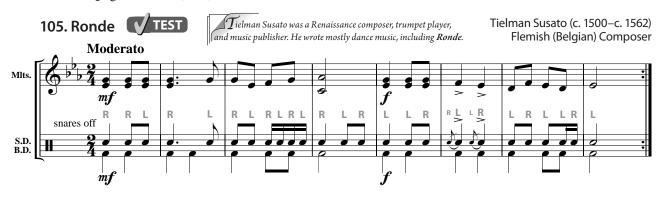
Achievement Standards

 a. perform on at least one instrument accurately and independently, alone and in small and large ensembles, with good posture, good playing position and good breath, bow or stick control



a. perform on at least one instrument . . . continued from page 7

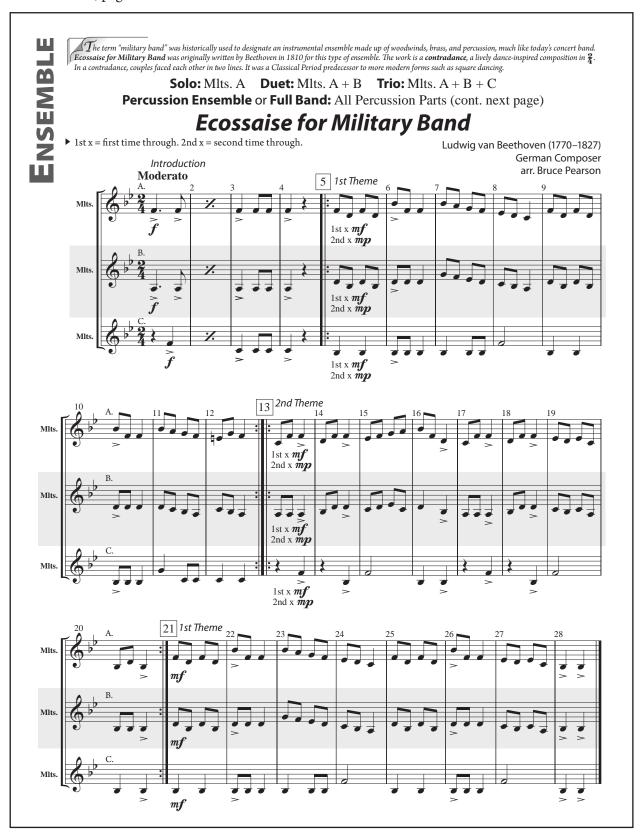
Percussion Book 1, page 26 cont. (105)



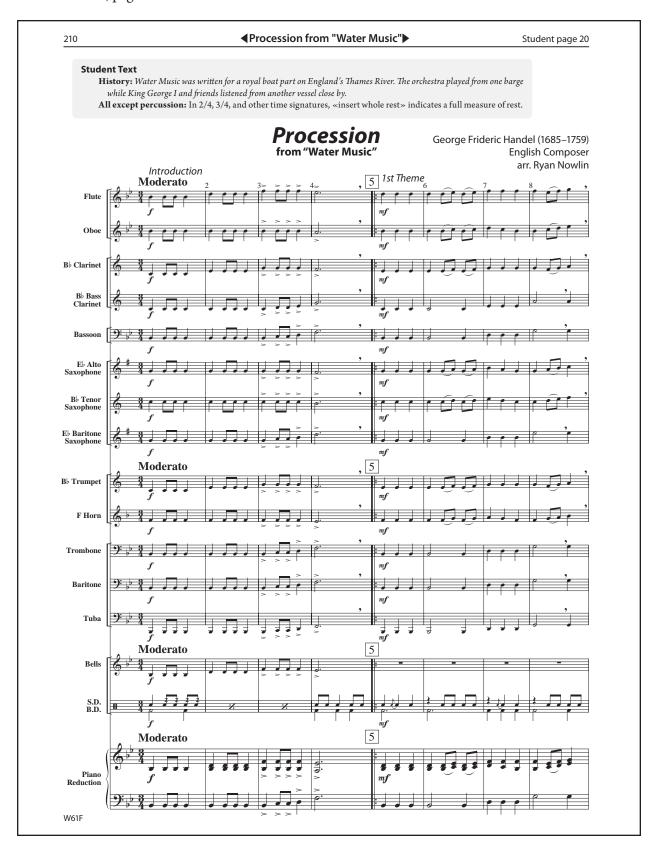
Oboe Book 1, page 36



Percussion Book 1, page 33



a. perform on at least one instrument . . . continued from page 9



b. perform with expression and technical accuracy varied repertoire of instrumental literature with a difficulty of 3, on a scale 1 to 6, including some solos performed from memory

Bb Clarinet Book 2, page 20



Bb Clarinet Book 2, page 37



Conductor Score Book 2, first score page Rain Dance

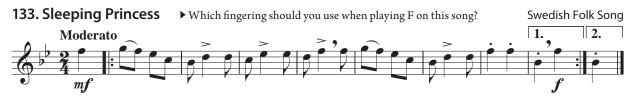


c. perform music representing diverse genres and cultures, with expression appropriate for the work being performed

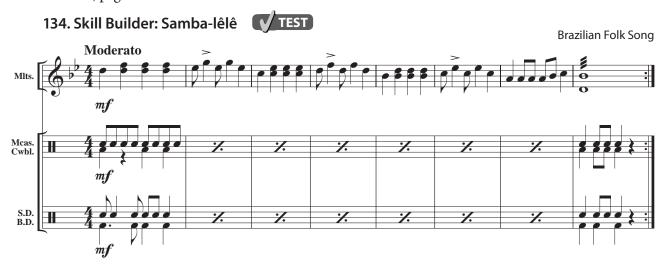
Bb Clarinet Book 1, page 30



Oboe Book 1, page 31



Percussion Book 1, page 31 cont.

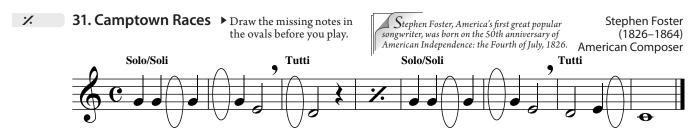


Bb Clarinet Book 2, page 17



d. play by ear simple melodies on a melodic instrument

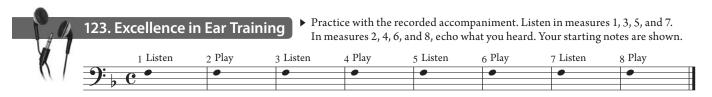
Bb Trumpet Book 1, page 10



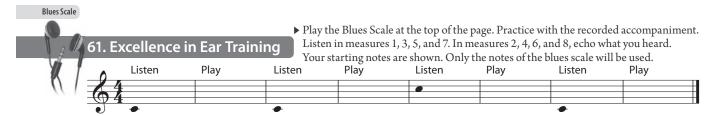
Bh Trumpet Book 2, page 5



Trombone Book 1, page 29



Clarinet Book 2, page 13



- e. perform in groups, blending instrumental timbres, matching dynamic levels and responding to the cues of the conductor
- f. perform independent instrumental parts while other students play contrasting parts

Conductors Score Book 2, 1st page of page 22 Gregorian Chant & Ritual

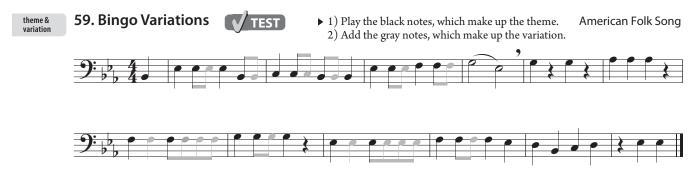


3. Content Standard: Improvising melodies, variations, and accompaniments

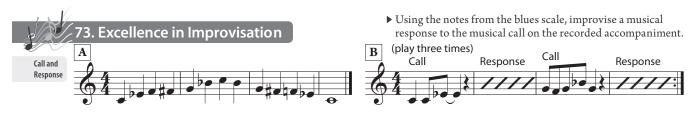
Achievement Standards

- a. improvise simple harmonic accompaniments
- b. improvise melodic embellishments and simple rhythmic and melodic variations on given pentatonic melodies in major keys
- c. improvise short melodies, unaccompanied and over given rhythmic accompaniments, each in a consistant style, meter, and tonality

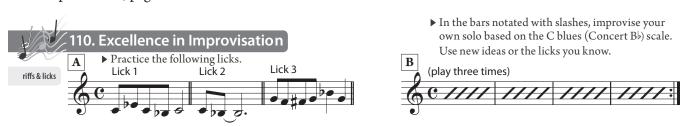
Trombone Book 1, page 16



Bb Clarinet Book 2, page 15



B Trumpet Book 2, page 25



Bb Clarinet Book 2, page 31

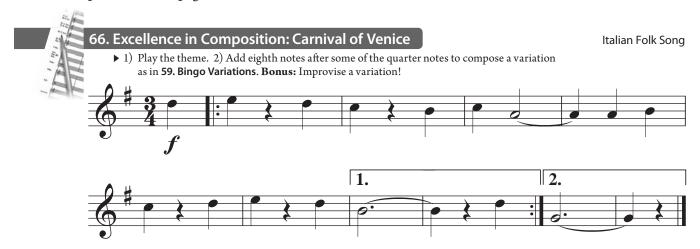


4. Content Standard: Composing and arranging music within specified guidelines

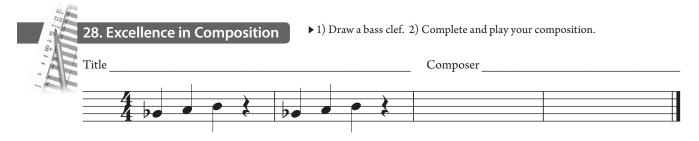
Achievement Standards

Compose short pieces within specified guidelines, demonstrating how the elements of music are used to achieve unity and variety, tension and release, and balance.

El Alto Saxophone Book 1, page 17



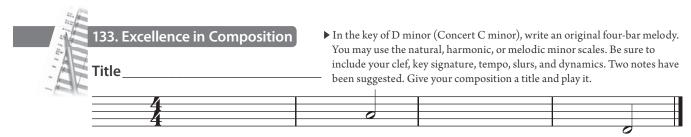
Trombone Book 1, page 9



B Clarinet Book 2, page 17



Bb Clarinet Book 2, page 29



5. Content Standard: Reading and notating music

Achievement Standards

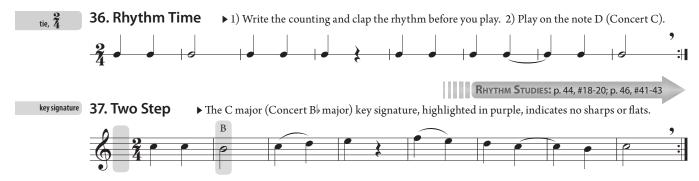
- a. read whole, half, quarter, sixteenth, and dotted notes and rests, in $\frac{2}{4}$, $\frac{3}{4}$, $\frac{4}{4}$, $\frac{6}{8}$, $\frac{3}{8}$, and alla breve meter signatures
- b. identify and define standard notation symbols for pitch rhythm, dynamics, tempo, articulation and expression

El Alto Saxophone Book 1, page 14

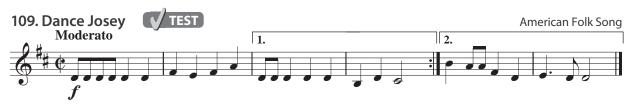


... continued from page 19

Bb Tenor Saxophone Book 1, page 11



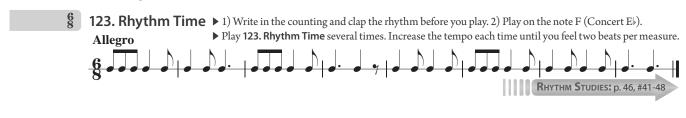
Bh Trumpet Book 2, page 25



Bb Clarinet Book 2, page 26



Bb Clarinet Book 2, page 28



124. I'se the B'y that Builds the Boat
Allegro (2 primary beats per measure in §) Play several times. Increase the tempo each time Canadian Folk Song until you feel two beats per measure in § .



c. read at sight simple melodies

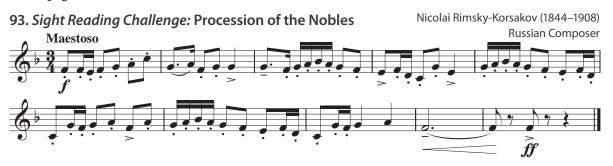
Trombone Book 1, page 11



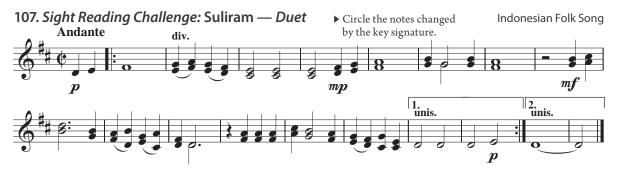
Oboe Book 1, page 17



Bb Clarinet Book 2, page 19



Bb Trumpet Book 2, page 25



Conductors Score Book 1, page 185

Tradition of Excellence Quiz 3 Student Pages 14–17			
NameScore			
1)		. Germany . The United States of America	
2)	True or False (Circle the correct answer): Spirituals are a new musical form created in the early part of the 20th century.		
3)	Define pick-up or anacrusis in your own words.		
4)	Define improvisation in your own words.		
5)	Define theme and variation in your own words.		
6) inter black	rval used in Western music; on a keyboard	electing the correct answer. A half step is the distance from one key to the very next key—white or	
	a. highest b. lowest c. smallest d. largest		
7)	Circle the two-measure rhythm perform	ned by your teacher.	
a. b. o	c. d.		
	engravings from student book page 45: # e know.»	223, 25, 28, and 33. If you would like Ryan to engrave them please	
EXT 8)	TRA CREDIT Using the information provided by you	ar teacher, give one fact about each of the two countries below.	
a. Au	ıstralia		
b. Ita	ıly		

NN1112B

d. use standard notation to record their musical ideas and the ideas of others

B Clarinet Book 2, page 17



Conductor Score, Book 1, page 107

3) Write the two-measure rhythms performed by your teacher in the staves below.



Conductor Score, Book 1, page 147

6) Write the following two-measure rhythms performed by your teacher on the staves below.



Ear Training: Dictation

Pass out a piece of manuscript paper. Clap, sing or perform the following rhythms on an instrument of your choice. Provide the students with the time signature of the example before you begin. Perform each two-measure excerpt three times with a pause in between. Have the students correctly notate the two-measure rhythm on the staff paper.



Ear Training: Dictation with Synchopation

Pass out a piece of manuscript paper. Clap, sing or perform the following rhythms on an instrument of your choice. Provide the students with the time signature of the example before you begin. Perform each two-measure excerpt three times with a pause in between. Have the students correctly notate the two-measure rhythm on the staff paper.

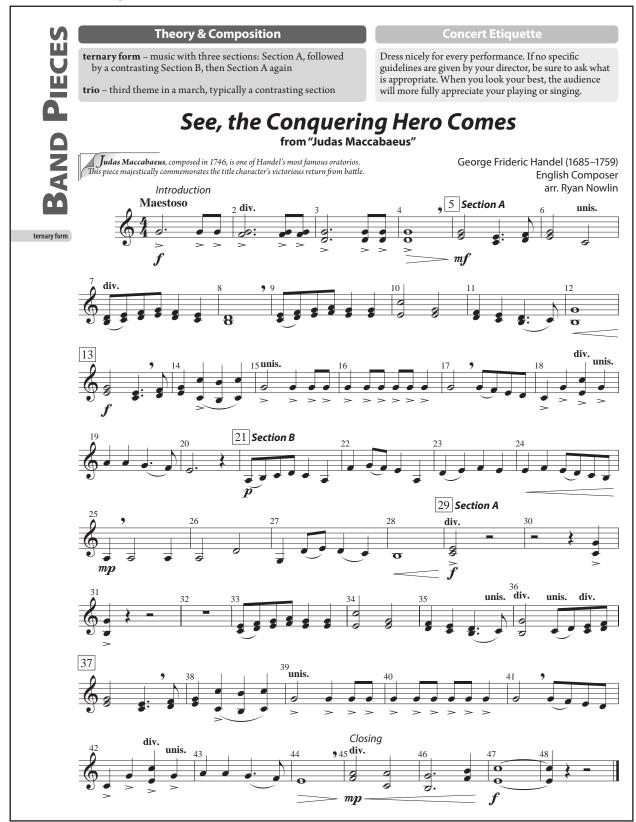


6. Content Standard: Listening to, analyzing, and desribing music

Achievement Standards

a. identify simple music forms when presented aurally. Describe specific music events in a given aural example, using appropriate terminology

Bb Clarinet Book 1, page 34



a. describe specific music events . . . continued from page 24

Interactive Practice Studio: Flute Book 1



Interactive Practice Studio: Eb Alto Saxophone Book 1



Interactive Practice Studio: Clarinet Book 2



Interactive Practice Studio: Bb Trumpet Book 2



a. identify simple music forms . . . continued from page 25

El Alto Saxophone Book 1, page 35



7. Content Standard: Evaluating music and music performances

Achievement Standards

- a. develop criteria for evaluating the quality and effectiveness of music performanes and compositions and apply the criteria in their personal listening and performing
- b. evaluate the quality and effectiveness of their own and others' performances, compositions, and arrangements by applying specific criteria appropriate for the style of the music and offer constructive suggestions for improvement

Conductor Score Book 1 reflection form for page 19 The Good Life

Name	Date		
TEST Reflec	Reflection: The Good Life — Solo		
Tone today was:	te response for each section. about the same as usual not as good as usual		
The notes and rhythms (i	ncluding rests) played today were: accurate most of the time not very accurate		
The tempo (speed of the r	music) today was: steady most of the time not steady		
The slurs played today we	accurate most of the time not very accurate		
An appropriate overall scenario 10 9 8 highest	ore for my performance today would be: 7 6 5 4 3 2 1 lowest		
	Complete the following sentences. When I listened to my Interactive Practice Studio recording I was pleased by		
The next time I play this s	The next time I play this song, I need to remember to		
I was surprised that			
I am proud because			
Comments:			
Save or Print this reflection	n for future review or sharing.		

8. Content Standard: Understanding relationships between music, the other arts, and disciplines outside the arts

Flute Book 1, page 31

131. Classical Dance

Mozart was a child prodigy, and he traveled throughout Europe with his father to display his talents on keyboard and violin. He composed his first symphony at age 8 and his first opera at age 12.

Wolfgang Amadeus Mozart (1756–1791)

▶ Use the alternate or thumb B♭ for this entire exercise.



Interactive Practice Studio

USTRIA

Name Date

People and Culture

A sprawling, mountainous country, Austria has long been a major power in central Europe. The name "Austria," meaning "eastern realm," was first coined in 996 CE to refer to German-speaking territories. By the 14th century, the Austrian Habsburg dynasty began to accumulate lands throughout Europe, and eventually controlled Spain, Portugal, Hungary, Bohemia, Croatia, the Netherlands, and parts of Italy. This powerful nation included many different ethnic and linguistic groups, and by the



late 19th century these groups began to desire independent nationhood. In 1914, a Serbian nationalist sparked World War I by assassinating the archduke of the Austrian empire. After the war was over, the empire was dismantled to create the Republic of Austria known today.

Art and Music

Vienna, the capital of Austria, has been a center of music and art since the rise of the Habsburgs, who were great patrons. Many famous classical composers of the 18th and 19th centuries were born or lived there, including Mozart, Beethoven, and Haydn. Vienna became an established location of great symphonies, ballet companies, and operas. Austrian folk music filtered into classical music, particularly in the form of the waltz, a ballroom dance in $\frac{3}{4}$ time. Originating in rural villages in Austria in the 18th century, the dance was originally considered to be indecent. By the 19th century, composer Johann Strauss II, known as "The Waltz King," popularized the waltz throughout Europe. His waltzes increased the speed and lightness of the music, so that dancers were twirling at lightning speed around the dance floor.

Language Lesson

German is the official language in Austria. A popular children's song in German-speaking lands is Mein Hut, der hat drei Ecken ("My Hat Has Three Corners"). The melody for the song is Carnival of Venice on page 17 of Tradition of Excellence, Book 1. Learn the words to the song in German and English and practice singing to the melody.

Mein Hut, der hat drei Ecken, M [mayn hoot dayr hat dry EK-n]

My hat has three corners,

Drei Ecken hat mein Hut, [dry EK-n hat mayn hoot] Three corners has my hat,

Und hätt er nicht drei Ecken, [oond het ayr nicht dry EK-en]

Had it not three corners,

So wär es nicht mein Hut. [zo vayr es nicht mayn hoot]

It wouldn't be my hat.

Trivia

- ▶ The Alps mountain range makes up more than half of the total area of the nation of Austria, so skiing and mountaineering are popular sports in Austria.
- ➤ The cuisine of Austria reflects its diverse ethnic heritage. A popular dish to order in Vienna is Hungarian goulash, a stew made of beef, onions, vegetables, and spices.
- ➤ Actor and governor of California, Arnold Schwarzenegger, comes from Austria, as does chef and restauranteur Wolfgang Puck.

Quick Facts

Capital: Vienna
Location: Central Europe
Area: 32,000 sq. mi.
Climate: Temperate
and Alpine
Population: 9 million

Population: 8 million Language: German Currency: Euro

Government: Federal Parliamentary Republic

Apply Your Knowledge!

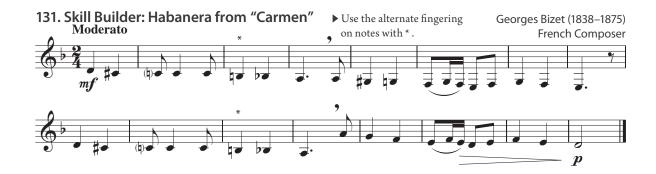
Write your answers on the back or on a separate sheet of paper.

- 1) What does "Austria" mean?
- Name three composers who were born or lived in Austria.
- 3) What is a waltz and why did it become popular?
- 4) Imagine you had the opportunity to travel to Austria. What would you like to see and do?

Play music by Austrian composer Wolfgang Amadeus Mozart on page 31 of $\it Tradition\ of\ Excellence$, Book 1.

 $Worksheet \ written \ by \ Laurel \ Plapp, \ PhD, \ author \ and \ editor. \ \textcircled{0}\ \textbf{2010}\ \textbf{Kjos}\ \textbf{Music}\ \textbf{Press.}\ This\ page\ authorized\ for\ duplication.$

B Clarinet Book 2, page 29



Interactive Practice Studio



Name Date

People and Culture

France is located on the western coast of Europe, with the Atlantic Ocean to the west and the Mediterranean Sea to the south. France is known for its rolling river valleys, the majestic Alps mountain range to the southeast, and its glamorous sandy beaches on the south coast. The French boast a history of rich and powerful kings who built lavish palaces, like Versailles outside Paris, but 'this reign of monarchs ended with the bloody beheading of King Louis XVI after the French Revolution in 1789. However, the elegant French taste for refinement and beauty – in their art, music, fashion, and cuisine - continues to influence Western culture today.



Art and Music

The French tradition of the chanson [shan-SOHN], or song, dates back to the Middle Ages. These lyrical songs were long poems performed by traveling minstrels, telling stories of legendary heroes or unrequited love. The passion for the solo song or three-or four-part harmony continues today in contemporary French folk music. French classical music began to blossom in 17th century, when composers began writing light, comedic operas to entertain the wealthy nobility of France. Jacques Offenbach, in the 19th century, continued this French tradition of vocal music in his operettas, in which he wrote sharp political and social satires (see page 23 of Tradition of Excellence, Book 1).

Language Lesson

French is the official language of France. Socializing in sidewalk cafés is very popular among young people in France. Practice these common phrases.

Bonjour!

[bohn-ZHOOR!]

Comment ça va? How are you?

[KOH-moh sa va?]

I would like coffee and Je voudrais du café et un croissant.

a croissant.

Thank you!

Hello!

zhuh voo-DREH dew kah-FAY

eh uhn kroah-SAN]

Merci! [mehr-SEE]

Quick Facts

Capital: Paris Location: Western 211,000 sq. mi.

Climate Temperate/ Mediterranean Population: 65 million

Language: French Currency: Euro Government: Republic

Apply Your Knowledge!

Write your answers on the back or on a separate sheet of paper.

- 1) When was the French Revolution?
- 2) What is a chanson?
- 3) Describe the kind of operas written by French
- 4) If you visited France, what would you like to see

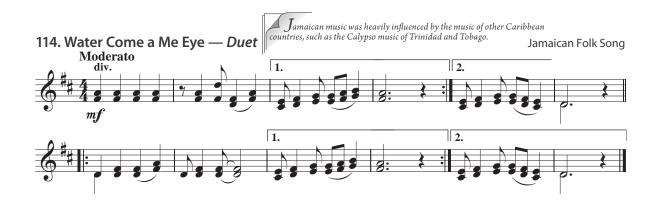
Play music from France on pages 22 and 23 of Tradition of Excellence, Book 1.

Trivia

- ▶ The children's song 75. Fais Dodo, meaning "go to sleep," is a popular lullaby sung by parents to their children. Play this melody on page 22 of *Tradition of Excellence*, Book 1.
- ▶ The Tour de France, a yearly bicycle race across France, was first held in 1903. American cyclist Lance Armstrong has won the race a record seven times.
- ▶ The French love cheese; there are over 1,000 different kinds of cheese available in France.

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B Clarinet Book 2, page 26



Interactive Practice Studio

MAICA

ame ______Date_

People and Culture

This tropical, sandy isle in the Caribbean Sea has given birth to some of the most influential music and dance styles in the world. Originally peopled by Arawak Indians, Jamaica was discovered by Christopher Columbus in 1494, who claimed it for Spain. In 1655, the English seized the island from Spain and began a 200-year rule. During this time, Jamaica became one of the world's leading sugar exporters and was dependent on slave labor from



Africa to do this. Today, the majority of Jamaicans have African ancestry, although there are small numbers of immigrants from Europe, the United States, and Asia. Jamaica is now an independent nation that is part of the British Commonwealth.

Art and Music

The Jamaican folk song Banana Boat Song on page 21 of Tradition of Excellence, Book 1, is an example of mento, a style of folk music specific to Jamaica. Unlike other islands of the Caribbean, which had Spanish influences, Jamaica was under English rule and developed its own unique musical styles in combination with African influences. Mento is an informal, rural style of music performed with acoustic instruments, including the banjo, acoustic guitar, hand drum, and the rhumba box, a kind of xylophone that you can sit on while playing. The lyrics of the songs comment on poverty and the trials of everyday life. Banana Boat Song, particularly, is sung from the point of view of dock workers loading bananas onto boats during the night shift.

Feature

The syncopated melody of mento is the precursor to popular forms of music today, such as ska and reggae, which are also native to Jamaica. Ska is a type of music from the 1950s that combined Jamaican mento with US American blues and jazz. The music is distinctive because the accents are on the upbeats, creating lively, rhythmic music to dance to. Reggae developed out of ska in the 1960s and has a very distinctive sound. Reggae also features accents on the upbeat, but the music is much slower paced and, most important, the bass drum is dropped on the first beat, creating a delayed, off-beat effect. The most prominent reggae musician from Jamaica was Bob Marley (1945–1981). Ska and reggae went on to influence US American punk and rap music.

Trivia

- ▶ Jamaica means "islands of springs" and many picturesque streams and waterfalls can be found in Jamaica.
- ▶ The author of the James Bond novels, Ian Fleming, resided in Jamaica and used the location as a setting for some of his books, including Live and Let Die, Doctor No, and The Man with the Golden Gun.
- ▶ Jamaican sprinter Usain Bolt is a three-time Olympic gold medalist and world-record holder for the 100 meters, 200 meters, and 4x100 meters relay.

Ouick Facts

Capital: Kingston
Location: Caribbean Sea
Area: 4,000 sq. mi.
Climate: Tropical
Population: 2.8 million

Language: English
Currency: Jamaican dollar

Government: Parliamentary Democracy and Constitutional Monarchy

\times

Apply Your Knowledge!

Write your answers on the back or on a separate sheet of paper.

- 1) What does the name "Jamaica" mean?
- $2)\ \ What style of folk song is {\bf Banana\ Boat\ Song?}$
- Describe two unique characteristics of reggae music.
- 4) Name three facts you learned about Jamaica after reading this page.

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9. Content Standard: Understanding music in relation to history and culture

Achievement Standards

Identify by genre or style aural examples of music from various historical periods and cultures.



