

# Suggested Middle School Band Practice Routine

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm Up (5-10 minutes)</b>	<b>Warm Up (5-10 minutes)</b>	<b>Warm Up (5-10 minutes)</b>	<b>Warm Up (5-10 minutes)</b>	<b>Warm Up (5-10 minutes)</b>
(Scales, Long tones, lip slurs, rudiments, SOE pg. 39 etc.)	(Scales, Long tones, lip slurs, rudiments, SOE pg. 39 etc.)	(Scales, Long tones, lip slurs, rudiments, SOE pg. 39 etc.)	(Scales, Long tones, lip slurs, rudiments, SOE pg. 39 etc.)	(Scales, Long tones, lip slurs, rudiments, SOE pg. 39 etc.)
<b>Practice Something You Already Know (10-15 min)</b>	<b>Practice Something You Already Know (10-15 min)</b>	<b>Practice Something You Already Know (10-15 min)</b>	<b>Practice Something You Already Know (10-15 min)</b>	<b>Practice Something You Already Know (10-15 min)</b>
Play band music, SOE Book/White book, solos, anything from your band folder.	Play band music, SOE Book/White book, solos, anything from your band folder	Play band music, SOE Book/White book, solos, anything from your band folder	Play band music, SOE Book/White book, solos, anything from your band folder	Play band music, SOE Book/White book, solos, anything from your band folder
<b>Listen to a Pro (5-10 min)</b>	<b>Listen to Pro Full Band Recordings (5-10 min)</b>	<b>Listen to a Pro (5-10 min)</b>	<b>Listen to Pro Full Band Recordings (5-10 min)</b>	<b>Listen to a Pro (5-10 min)</b>
<a href="#">List of Professionals</a>	<a href="#">List of Ensembles/Bands</a>	<a href="#">List of Professionals</a>	<a href="#">List of Ensembles/Bands</a>	<a href="#">List of Professionals</a>
<b>Learn Something NEW! (5-10 min)</b>	<b>Learn Something NEW! (5-10 min)</b>	<b>Learn Something NEW! (5-10 min)</b>	<b>Learn Something NEW! (5-10 min)</b>	<b>Learn Something NEW! (5-10 min)</b>
Learn a song from your excellence chart, a song in your book that's not on your excellence chart, find a piece of music online, explore Smartmusic, etc.	Learn a song from your excellence chart, a song in your book that's not on your excellence chart, find a piece of music online, explore Smartmusic, etc.	Learn a song from your excellence chart, a song in your book that's not on your excellence chart, find a piece of music online, explore Smartmusic, etc.	Learn a song from your excellence chart, a song in your book that's not on your excellence chart, find a piece of music online, explore Smartmusic, etc.	Learn a song from your excellence chart, a song in your book that's not on your excellence chart, find a piece of music online, explore Smartmusic, etc.
<b>Reflection Time (5-10 min)</b>	<b>Reflection Time (5-10 min)</b>	<b>Reflection Time (5-10 min)</b>	<b>Reflection Time (5-10 min)</b>	<b>Reflection Time (5-10 min)</b>
Consider journaling about your experience today and prepare a plan for the next practice time. <a href="#">Google Form</a>	Consider journaling about your experience today and prepare a plan for the next practice time. <a href="#">Google Form</a>	Consider journaling about your experience today and prepare a plan for the next practice time. <a href="#">Google Form</a>	Consider journaling about your experience today and prepare a plan for the next practice time. <a href="#">Google Form</a>	Consider journaling about your experience today and prepare a plan for the next practice time. <a href="#">Google Form</a>

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If you have any questions please feel free to contact Mrs. Martic or Mr. Nanson at any time via email.

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