



Redlands Unified School District
Elementary Instrumental Music Program
2015/2016
BE PART OF THE BAND!



First Flute Lessons

Find someplace quiet and well lit where you can practice. Always sit correctly on your 'sit bones', with your feet flat on the floor, with a nice, tall back.

Breathing Exercises

- Make sure you are sitting correctly (Sit bones! Flat feet! Tall Back!)
- Put your hands on your head (I know it looks silly, but it's important...it pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

Sizzle Exercises

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breathe in for 1 count, Sizzle out for 7 counts (4 times)

Breathe in for 1 count, sizzle out for 15 counts (2 times)

Head Joint Practice

- Set your case on the floor in front of you with your name tag facing up.
- Carefully open your case and take just the head joint out of the case.
- Place your right hand over the open end and place the center of the embouchure hole in the middle of your lips.
- Shape your embouchure, take a full breath of air and blow over the hole using the syllable 'doo' to play a long, steady tone.

Cover the End - Play for 4 counts, rest for 4 counts (4 times)

Uncover the End - Play for 4 counts, rest for 4 counts (4 times)

Then...

Cover the End - Play for 8 counts, rest for 8 counts (4 times)

Uncover the End - Play for 8 counts, rest for 8 counts (4 times)

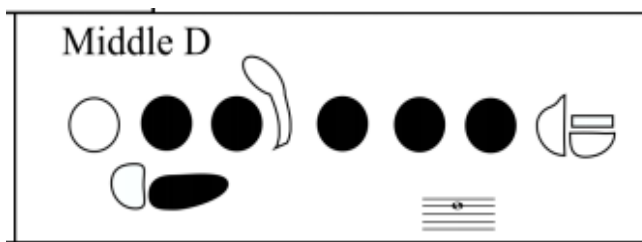
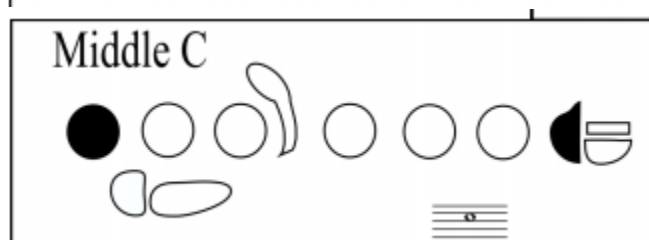
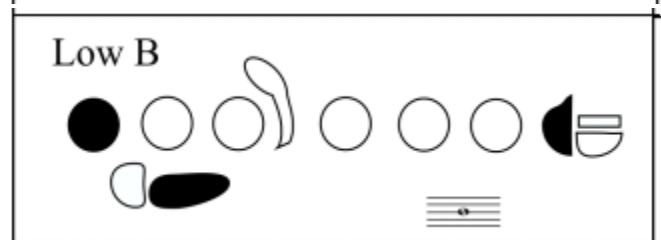
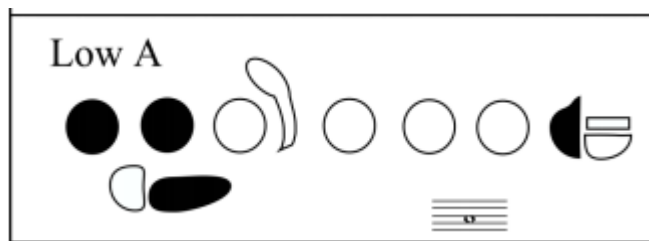
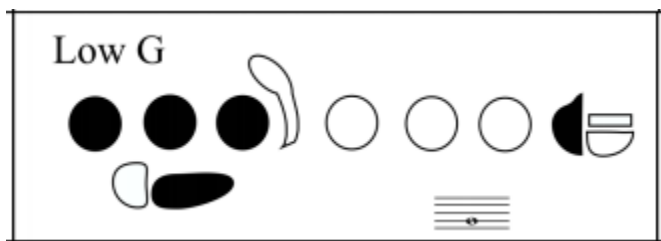
Put the Flute together

- Grab the flute where there are no keys!!! You don't want to bend them.
- Twist the parts together. Rocking them will cause damage.
- Line the embouchure hole up with the keys on the body.
- Remember - line the bar of the foot up with the center of the keys on the body.

Your First Notes

- The flute goes to the right. Please don't be the one kid who always shows up to the second lesson with the flute going the wrong way. Please don't make my hair go gray.
- You are sitting correctly, right?!? Check your thumb position. Use the following fingerings:

Play 4 counts - Rest 4 counts - Play 4 counts - Rest 4 counts (2 times)



Mary Had A Little Lamb

B - A - G - A B - B - B --- A - A - A --- B - D - D ---
B - A - G - A B - B - B - B A - A - B - A G - - - - -

Website and video assignment:

Go to www.basicband.info

Choose Flute in upper right hand where it says 'choose your instrument'

Click on Video Lessons and choose and watch one or more of the first 6 beginning lessons.

Practice

This week I practiced my first lesson page: 1 time 2-4 times 5-7 times

This week I watched Mr. Glynn teach: 1 video 2 videos 3 or more videos