



Marching Band/PE-Health

Philosophy: The focus of the YCHS Band Program is to develop the student's musical & physical skills with daily emphasis in a group setting geared toward the following:

1. Improvement in music reading and technical facility on an instrument.
2. Gaining an appreciation for the aesthetic value of music and other arts.
3. Overall development as a complete musician including listening skills, historical knowledge, critical thinking, teamwork, good citizenship, and public performance
4. Overall development in physical training including physical dexterity, flexibility, agility, and endurance needed for the modern marching band platform
5. Nutritional education.

The end result of the learning process is the musical & physical performance for an audience, and to maintain a physically active lifestyle. Training should progress all 4 years of high school. Public performances are vital to the success of the program. The importance of the individual to the success of the group is such that attendance and participation are essential to the learning process.

Content & Objectives:

- Emphasizes the development of visual and musical skills used in the modern marching band.
- High levels of physical demand are required for this semester.
- Students will engage upon physical training including; stretching, cardio, strength training, core engagements, Pilates, yoga, dance, spatial awareness, interval, and lung/breath exercises/control, and athletic nutrition.
- Students will engage upon musical training/concepts including: tone production, intonation, breathing, embouchure, blend, rhythm, balance, articulation, scales, care and maintenance for instruments/equipment, musicianship skills, technical facility,
- Students will complete pass offs or objectives both physically and musically.
- Students will develop or enhance self-discipline through individual and group practice.
- Students will use skills in expressive musical performance.
- Students will develop a vocabulary to discuss and describe music.
- Students will learn all 12 major scales and all rudiments.
- Students will continually work toward developing the virtues of integrity, diligence, loyalty, good nutrition, and maintaining a physically active lifestyle.
- After school preparation required August-October, one practice per parade, and some preparation for the winter production.
- Performances include football games, parades, winter concert, and marching competitions.

PE-Health:

- For a student to receive PE credit along with their Marching Band/Cougarettes credit they must complete the state Health requirement. If a student does NOT complete the Health requirement, they will be required to take PE or ROTC before graduation. The Health requirement must be complete by the end of 1st semester, during the student's Marching Band course. Students may complete the course in a school computer lab or at home online. The course is entirely self-paced and could be complete in a matter of days. See Mr. or Mrs. Brooks for instructions.

Required Materials:

- ✓ An instrument in good working condition
- ✓ Pencils
- ✓ Lyre/Flip folder (for your instrument)
- ✓ Black 1 inch 3 ring binder w/ approx. 10 clear plastic sheet protectors
- ✓ Metronome & Tuner
- ✓ Sport/wicking Black Shorts– for Thursday rehearsals once school begins
- ✓ Sport/wicking White & Gray "tops" – t-shirts, appropriate tank tops etc.
 - White for Tuesday rehearsals once school begins

- Gray for Thursday rehearsals once school begins
- ✓ Battery only: Gym clothes every day for class
- ✓ 1-2 packs of wet wipes
- ✓ And other recommended music supplies as previously mentioned in handbook

Expectations: BE PROFESSIONAL! SEE BAND HANDBOOK at www.yorkcougarbands.com

Grading Procedures:

I. Daily Grades

Students receive grades each day based on preparedness and participation in class/rehearsals. Students who fail to bring required materials/equipment to class/rehearsals will receive a reduced daily grade. Students must bring a note from home if their instrument is in the shop.

II. Assessments, Rehearsals, & Performances

Students will have playing and written assessments/evaluations throughout the year.

*Tardy for rehearsal = 1 letter grade reduction *Missed rehearsal = 0 for Daily Rehearsal Grade (see VII)

*Missed performance = 0 for Major Test Grade *Competitions/Festivals counted twice (see VII)

III. Quizzes/Pass offs

Playing quizzes and pass offs are conducted often to monitor progress of each student. Quizzes/Pass offs may cover scales, concert music, selected exercises, routine, and etc. Pass offs are pass/fail, but may be attempted an unlimited amount of time before the end of the grading period.

IV. Calculation of Grades

Daily/Materials/Rehearsals – 20% Quiz/Homework – 20% Tests/Performances/Projects – 60%

V. Missing Assignments/Low Grades

It is the student’s responsibility to ask for makeup assignments. Students may make up missing assignments or low test grades as many times as desired by the end of the grading period.

VI. Extra Credit

Submit programs from “serious music concerts” attended along with a paragraph describing the experience to receive extra credit.

VII. Alternative Assignments

In the event of an **EXCUSED** absence, students may complete a predetermined alternative assignment (Alternative Assignment form available in the band room) or make up the time (form available in the band room) to receive partial credit for a missed assignment/rehearsal/performance. The alternative should be equal to the time spent on the original event. The forms are located in the folio cabinet in the band room.

Homework: Individual student practice at home is necessary to review and reinforce skills learned during instructional time in class. Ideally all students should practice at least 1 hour each day that they do not have afterschool rehearsal.

Attendance:

EXCUSED ABSENCES	UNEXCUSED ABSENCES
Personal Illness w/written documentation	Doctor/Dentist Appointments (please schedule accordingly)
Pre-Approved school function	Work Conflicts
Funerals	School events/meetings (<i>without</i> director approval)
Emergency	Any other absences

SEE BAND HANDBOOK for more on attendance at www.yorkcougarbands.com

Tardy Policy: School procedure during school. After school rehearsal – 1 letter grade. See II above.

Performances/Rehearsals/Schedules and Conduct: SEE BAND HANDBOOK & CALENDAR at www.yorkcougarbands.com

Sacred/Nationalistic Music: As a part of the course curriculum this music will be used on occasion. This music is the foundation of Western Classical Music and is used for that reason.