

# TONIC

SOL - FA:

DO - MI

1.  Warm up your voice by singing the tonic sol-fa scale ascending and descending. (Hand signs are optional)

2.  Sing and sign the following tonic sol-fa patterns.



3.  Sing the following tonic sol-fa patterns *without* signing.

a) **DO DO DO RE MI**

b) **DO RE MI DO DO**

c) **DO RE DO RE MI**

d) **DO RE MI RE MI**

e) **DO DO RE RE MI**

f) **DO RE MI RE DO**

g) **RE DO RE RE DO**

**DO'**



**TI**



**LA**



**SO**



**FA**



**MI**



**RE**




**DO**



# TONIC

## SOL-FA:

## DO - SO

1.  Sing and sign the entire scale **ascending** and **descending**.

2.  Sing and sign the following.



3.  Sing the following:

a) **DO RE DO RE MI FA**

b) **DO RE MI FA SO SO**

c) **DO RE MI FA SO DO**

d) **SO FA MI FA SO DO**

e) **DO RE MI FA SO FA**

f) **SO FA MI RE SO DO**

g) **DO RE MI MI SO MI**

**DO'**



**TI**



**LA**



**SO**



**FA**



**MI**



**RE**



**DO**



# TONIC SOL-FA: DO - DO'

1. 🗣️ Warm up your voice by singing the tonic sol-fa scale ascending and descending. (Hand signs are optional)

2. ✓ Check when completed.

- I can sing and sign the scale **ascending**.
- I can sing and sign the scale **descending**.
- I can sing and sign the scale **ascending and descending**.

3. 🗣️ Sing the following tonic sol-fa patterns *without* signing.

a) DO RE DO RE MI FA SO

b) DO RE MI FA SO LA TI

c) DO RE MI FA SO DO DO

d) DO' TI LA TI DO' DO DO'

e) MI FA SO LA TI LA DO'

f) SO FA MI RE SO DO DO'

g) DO RE MI MI SO MI DO'

**DO'**



**TI**



**LA**



**SO**



**FA**



**MI**



**RE**



**DO**



# TONIC SOL-FA: TRIADS

1. 🗣️ Warm up your voice by singing the tonic sol-fa scale ascending and descending. (Hand signs are optional)

2. 🗣️ Warm up your voice by singing triads. (**DO - MI - SO**)

3. 🗣️ Sing and sign the following.



4. 🗣️ Sing the following tonic sol-fa patterns *without* signing.

a) **DO DO DO MI SO**

b) **DO MI SO DO DO**

c) **DO MI DO MI SO**

d) **DO MI SO MI SO**

e) **DO DO MI MI SO**

f) **DO MI SO MI DO**

g) **MI DO MI MI DO**

**DO'**



**TI**



**LA**



**SO**



**FA**



**MI**



**RE**



**DO**



# RHYTHM READING: NOTES

Music is written using symbols called **notes**. Each note is played or sung using “**counts**” or “**beats**”. Like the ticking of a clock, the beats or counting of music is always **steady**.

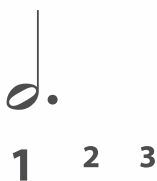
## quarter note



## half note




## dotted half note




## whole note




1.  Clap and count aloud the following:



2.  Listen as your teacher taps one of the rhythms below at random. Can you identify the correct rhythm?



3.  Listen as your teacher plays a short melody on the piano. Can you clap the rhythm of the melody back to your teacher?


# SINGING & COUNTING RHYTHMS

1.  Sing the sol-fa using the correct rhythm.

a)   
DO RE DO RE

b)   
DO RE MI RE MI

c)   
DO RE DO RE

d)   
DO RE DO RE MI

e)   
DO RE MI FA SO

f)   
DO MI SO

g)   
DO MI DO SO

h)   
DO MI SO MI SO

i)   
DO RE MI FA SO

  
DO' DO' SO MI DO

Music is also written using symbols called **rests**. A rest is a moment of silence. Just like notes, rests are counted using steady “**counts**” or “**beats**”.

# RHYTHM READING: RESTS

1. 🗨️ Look at a selection of music from your repertoire.  
Can you find in the score:

- a) quarter notes
- b) quarter rests
- c) half notes
- d) half rests
- e) whole notes
- f) whole rests

2. 🖐️ Clap and count aloud the following:

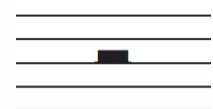


## quarter rest



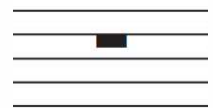
There is silence for **one** beat or count.

## half rest



There is silence for **two** beats or counts.

## whole rest

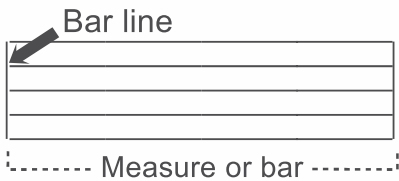


There is silence for **four** beats.  
(Or one complete bar of silence.)

# TIME SIGNATURES



**Time signatures** are two numbers placed **beside the treble clef**. They tell us how many beats are allowed in each bar and show us how to count our music.




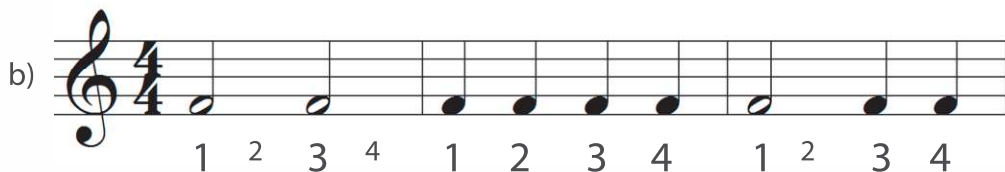
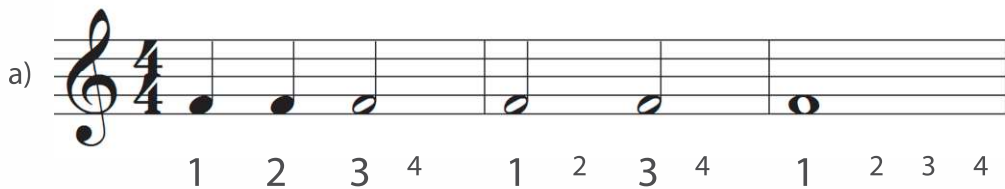
**Bar lines** are straight lines that divide the staff into measures or bars.

A **measure** or **bar** is a small section of the staff.



The **top number** tells us how many beats are allowed in each bar. The **bottom number** tells us what kind of note is counted as one beat.

1.  Clap and count the rhythms aloud.







**Eighth Notes:** An eighth note is held for **half a beat** or count. Two eighth notes equal one beat. Two or more eighth notes are connected with a **beam**.

# EIGHTH NOTES

## Counting Eighth Notes:

Eighth notes can be counted "one-and two-and".



1 + 2 + 3 + 4 +

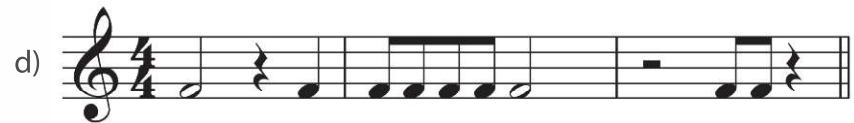


1 + 2 (+) 3 + 4 (+)



## Eighth note training drills:

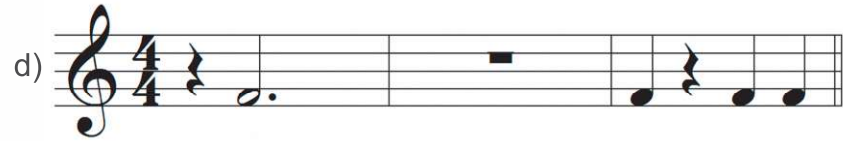
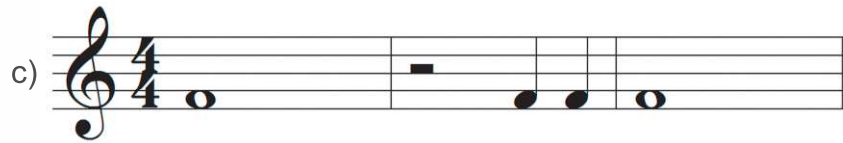
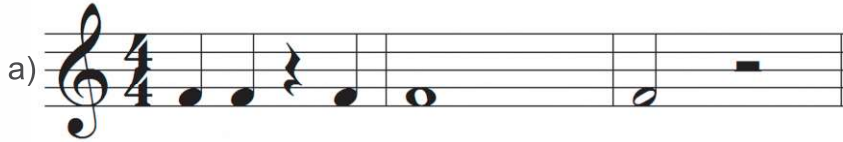




- Write the counts underneath the rhythms.
- Clap and count the notes slowly.

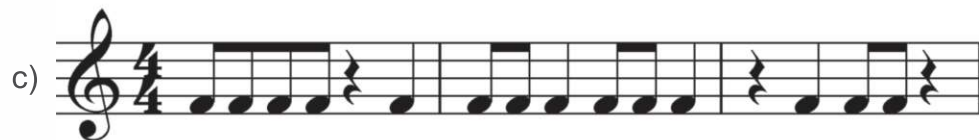


# RHYTHM READING DRILLS

1.  Write the counts underneath the rhythms. (Optional)
2.  Clap and count the notes slowly. (Then try to go fast, and then *super fast*)



3.  Write the counts underneath the rhythms. (Optional)
4.  Clap and count the notes slowly. (Then try to go faster, and *super fast*)

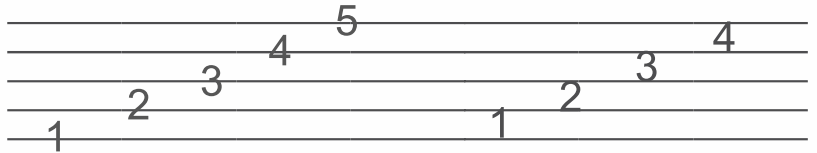


# MUSIC STAFF & TREBLE CLEF

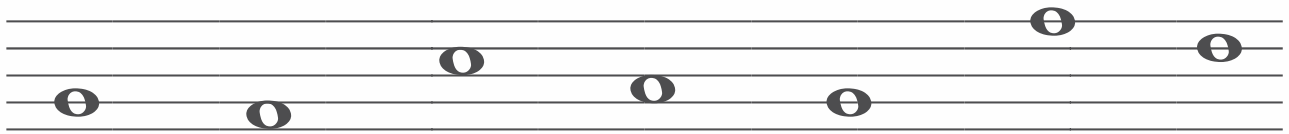
Music is written on a **staff**.

This staff has five **lines** and four **spaces**.

The **lines** and the **spaces** are numbered starting from the bottom and counting up.



1.  Identify each note as a **line note** or a **space note**.



## treble clef

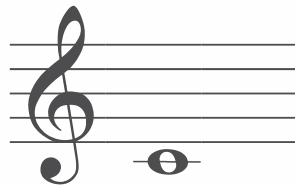


There is a symbol that is found at the beginning of the staff. This is called a **clef**. Music for *most* singers is written using the **treble clef**.

Some notes are below the staff and yet they are still on lines (ledger lines) and spaces.

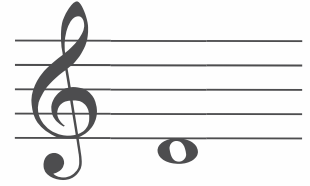
**Middle C** and the **D** above it are examples of line and space notes that are not in the staff.

### middle C



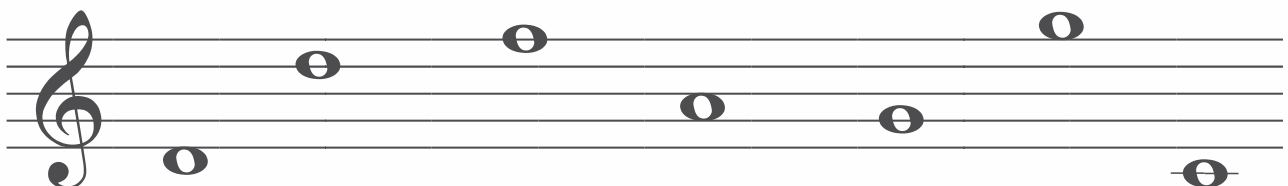
It sits **below** the staff and has its own line.

### D

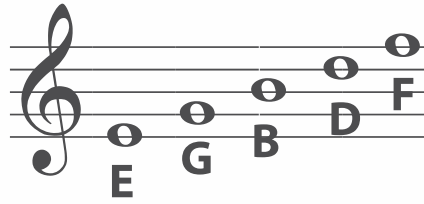


It sits **below** the staff, but is attached to it.

1.  Identify each note as a **line note** or a **space note**. Can you find **middle C** and **D**?



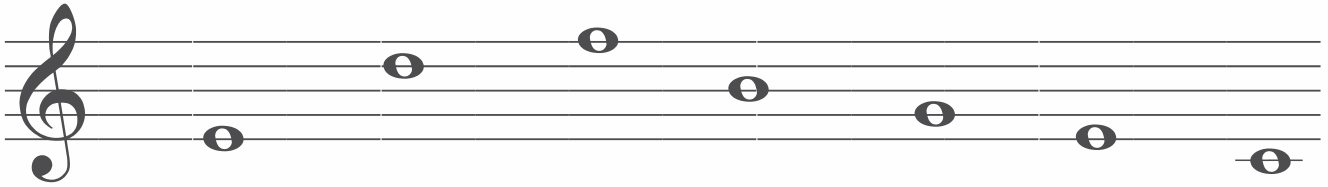
# NOTES ON LINES



The letter names of the notes on the staff **lines** make a sentence that is easy to remember:

**Every Good Boy Deserves Fun**

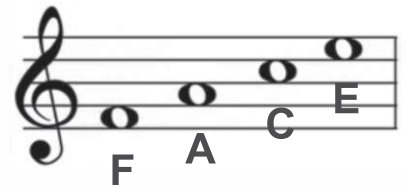
1. 🗨️ Identify the **line** notes.



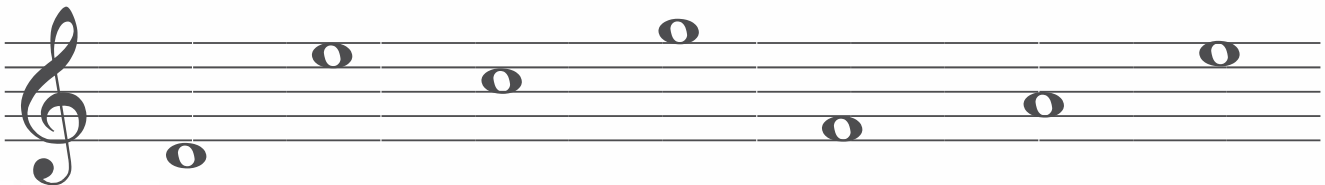
# NOTES ON SPACES

The letter names of the notes on the spaces spell a word that is easy to remember:

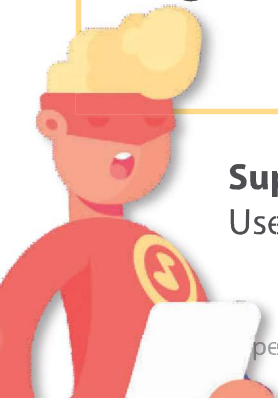
**F A C E**



1. 🗨️ Identify the **space** notes.



**Superhero tip:** Want to be SUPER FAST at naming the notes on the staff? Use the note naming FLASH CARDS and become a note naming hero!

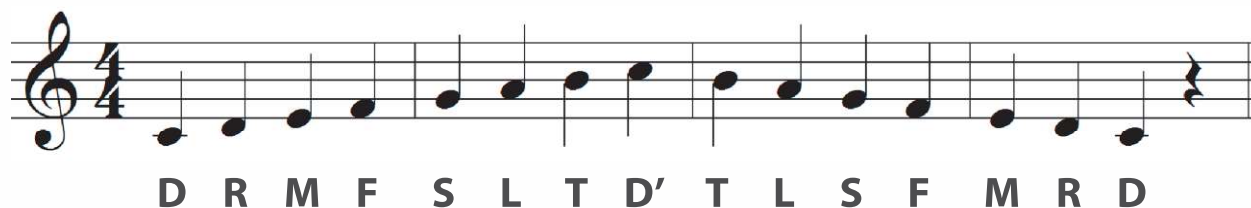


# SINGING MAJOR SCALES

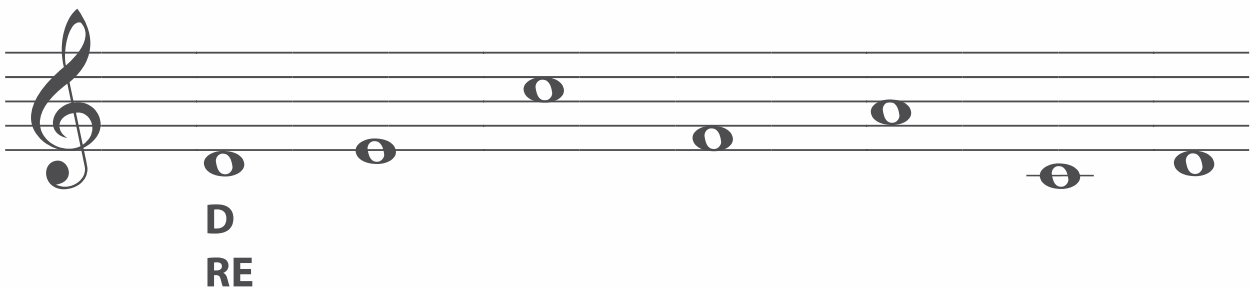
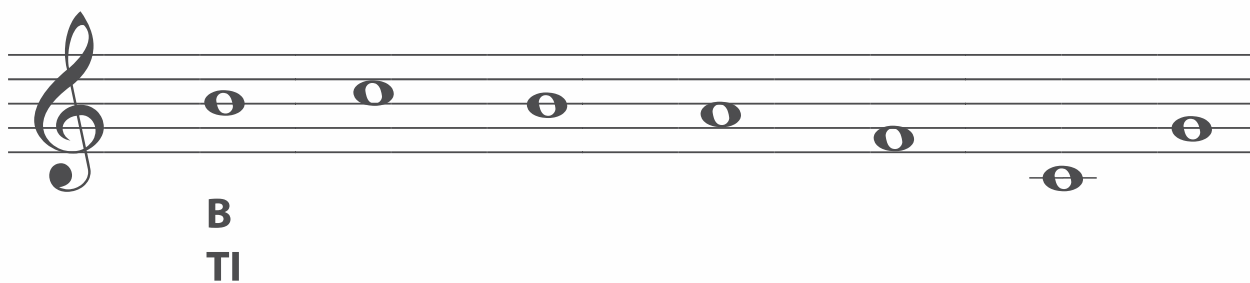
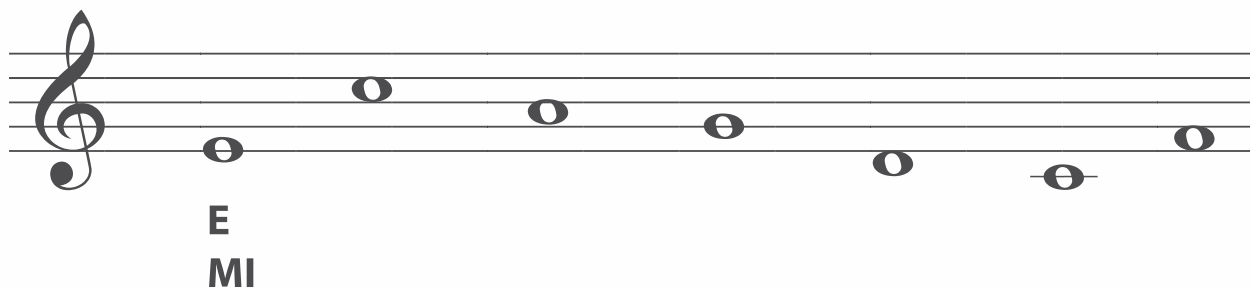
A **major scale** is a series of eight notes whose names are in alphabetical order.



1. Listen carefully as your teacher sings major scales starting on different notes.
2. Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



3. Identify the notes on the staff using the musical alphabet. (**A, B, C**)
4. Identify the notes on the staff using tonic sol-fa. (**DO, RE, MI**)



**Sight singing** means singing music for the first time without any assistance from the piano or another singer. Sight singing is a very important skill for every vocalist.

# SIGHT SINGING



**Superhero tip:** Look over your music carefully before you begin and remember to go *super slow*. Sing out confidently!

1. Sing the **C major scale** *slowly* using the tonic sol-fa syllables.

D R M F S L T D' T L S F M R D

2. Look at each example carefully and answer the questions aloud.
3. Clap and count the rhythms.
4. Sight sing the melodies.

a)   
i) What is the starting note? \_\_\_\_\_  
ii) What is the ending note? \_\_\_\_\_

b)   
i) How many beats is this note? \_\_\_\_\_

# INTERVALS

An interval is the distance between two notes. Singing and identifying intervals is an important exercise for all vocalists.



**Superhero tip:** If you can sing the simple exercises below, without assistance, then you can use these familiar melodies to sing and identify intervals.

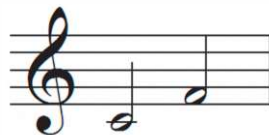
1. Sing the following exercise slowly using tonic sol-fa.



DO RE

The distance between **DO** and **RE** is called a **Major 2nd**.

A **Major 2nd** sounds like:  
the beginning of a scale.



DO FA

The distance between **DO** and **FA** is called a **Perfect 4th**.

A **Perfect 4th** sounds like:  
\_\_\_\_\_

2. Sing the following exercise slowly using tonic sol-fa.



DO MI

The distance between **DO** and **MI** is called a **Major 3rd**.

A **Major 3rd** sounds like:  
An ascending triad/arpeggio



DO SO

The distance between **DO** and **SO** is called a **Perfect 5th**.

A **Perfect 5th** sounds like:  
\_\_\_\_\_



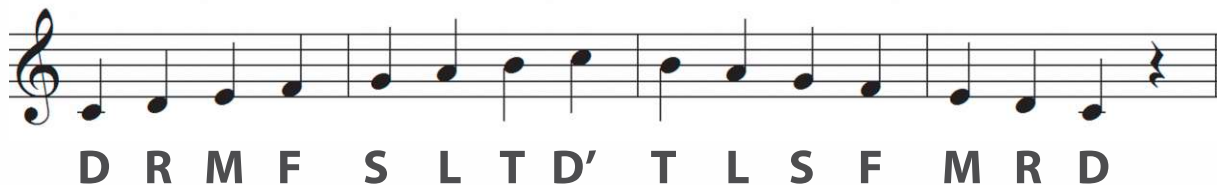
DO DO'

The distance between **DO** and **High DO'** is called a **Perfect octave**.

A **Perfect octave** sounds like:  
\_\_\_\_\_

# ASCENDING INTERVALS

1. 🧠 **Superhero warm up:** Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



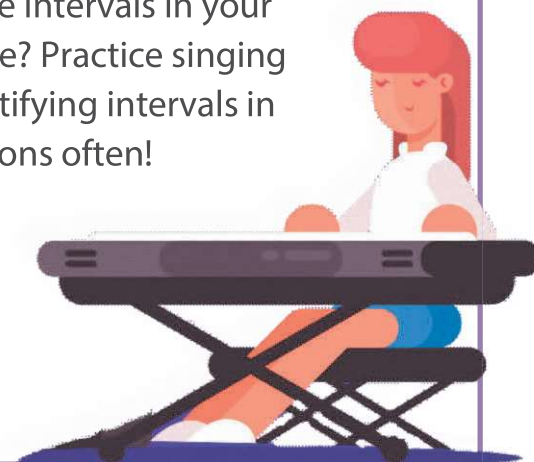
2. 🧠 Sing the following exercises slowly using tonic sol-fa without assistance.



3. 🧠 Sing and identify the intervals after your teacher has given a starting note. Check when completed.

<b>Ascending</b>	sing:	identify:
Major 2nd	<input type="checkbox"/>	<input type="checkbox"/>
Major 3rd	<input type="checkbox"/>	<input type="checkbox"/>
Perfect 4th	<input type="checkbox"/>	<input type="checkbox"/>
Perfect 5th	<input type="checkbox"/>	<input type="checkbox"/>
Perfect octave	<input type="checkbox"/>	<input type="checkbox"/>

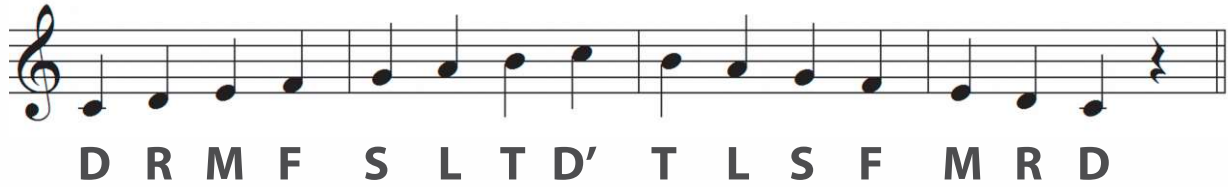
**Superhero tips:** Can you find these intervals in your repertoire? Practice singing and identifying intervals in your lessons often!



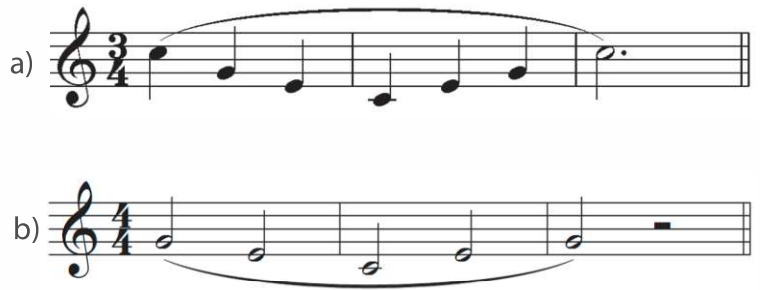


# DESCENDING INTERVALS

1. 🧠👉 **Superhero warm up:** Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



2. 🧠👉 Sing the following exercises slowly using tonic sol-fa without assistance.



3. 🧠👉 Sing and identify the following intervals



The distance between **High DO'** and **DO** is a **descending Perfect octave**.

A **descending Perfect octave** sounds like:

\_\_\_\_\_



The distance between **High DO'** and **SO** is a **descending Perfect 4th**.

A **descending Perfect 4th** sounds like:

\_\_\_\_\_



The distance between **SO** and **DO** is called a **Perfect 5th**.

A **descending Perfect 5th** sounds like:

\_\_\_\_\_

# SINGING & IDENTIFYING INTERVALS

1.  **Superhero warm up:** Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



**D R M F S L T D' T L S F M R D**

2.  Sing five requested intervals after your teacher plays a starting note.

**Ascending:**

- Major 2nd
- Major 3rd
- Perfect 4th
- Perfect 5th
- Perfect octave

**Descending:**

- Perfect 5th
- Perfect 4th
- Perfect octave

3.  Look at the melodies carefully, then answer the questions below.

4.  Sight sing the following exercises slowly.

i) What is the starting note? \_\_\_\_\_

a) 

ii) What is this interval? \_\_\_\_\_

iii) What is this interval? \_\_\_\_\_




i) What is the starting note? \_\_\_\_\_

b) 


ii) What is this? \_\_\_\_\_

iii) What is this interval? \_\_\_\_\_

# C MAJOR SIGHT SINGING DRILLS: DO - MI

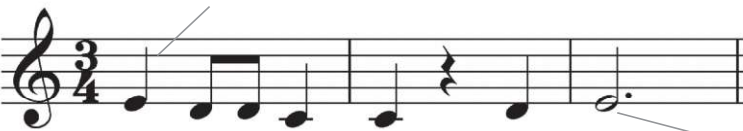
1.  Look at each example carefully and answer the questions aloud.
2.  Clap and count the rhythms.
3.  Sight sing the melodies slowly.

i) how many beats is this note held for?

a) 

ii) What kind of rest is this?

i) What is the starting note? \_\_\_\_\_

b) 

ii) What is the ending note?

iii) How many beats is this note held for?

4.  Sight sing the following melodies slowly.

a) 

b) 

c) 

d) 

e) 

f) 




g) 

h) 

i) 

j) 

# C MAJOR SIGHT SINGING DRILLS: DO - SO

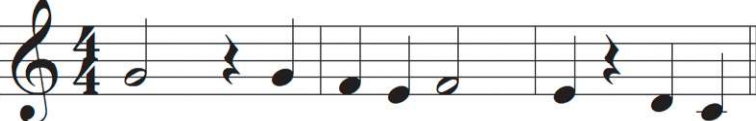
1.  Look at each example carefully and answer the questions aloud.
2.  Clap and count the rhythms.
3.  Sight sing the melodies slowly.

i) What is the highest note in this melody?

a) 

ii) What the ending note?

i) How many half notes are in this melody?

b) 

4.  Sight sing the melodies slowly.

a) 

b) 

c) 

d) 

e) 

f) 

g) 

h) 

i) 

j) 

# C MAJOR SIGHT SINGING DRILLS: DO - LA

## Super hero warm-up:

1. 🗣️ Sing the C major scale ascending and descending using tonic sol-fa.
2. 🗣️ Sing **DO** to **SO** ascending and descending using tonic sol-fa.
3. 🗣️ Sing **DO** to **LA** ascending and descending using tonic sol-fa.
4. 🗣️ Look at the melody below and answer the questions aloud.
5. 🖐️ Clap and count the rhythm.
6. 🗣️ Sight sing the melody slowly.

- i) What is the time signature of this melody?
- ii) What is the highest note in this melody?



- iii) What is this interval?

7. 🗣️ Sight sing the melodies slowly.



# C MAJOR SIGHT SINGING DRILLS: DO - DO'



**Superhero tip:** Be a cool cat. Keep a super slow and steady tempo when reading music.

1. Look at the melody below and answer the questions aloud.
2. Clap and count the rhythm.
3. Sight sing the melody slowly.

- i) What is the time signature of this melody?
- ii) What is the highest note in this melody?



iii) What is this interval?

4. Sing the C major sight singing drills. (**DO** to **DO'**)

