# Music Performance

# Initial Assessment Brief: What Makes a Good Rehearsal?

Course: Music Performance First Years (Level 3)

Age Group: 16–17

Assessment Type: Written and Planning-Based Tasks

Purpose: To assess your understanding of the key elements that contribute to a successful, safe, and productive rehearsal in a band setting. This will help inform your development as a performer and ensemble member.

## Submission Guidelines

* Submit your work as a typed document or PowerPoint presentation.
* Submit to Canvas under the appropriate assignment post
* Use clear headings for each task.
* Include your name, date, and course title (Music Performance) on the front page.

## Task 1: Technical Requirements for a Band Rehearsal

Title: What equipment and resources are essential for a professional rehearsal?

Instructions:

* Compile a comprehensive list of technical requirements for a typical band rehearsal. Consider a standard 4–5 piece band setup.
* Include:
* Instruments and amplification
* Microphones, DI boxes, and stands
* PA system and monitor setup
* Cables, power supplies, and extension leads
* Music stands, sheet music/tablets
* Recording or monitoring equipment (if applicable)
* Any additional backline or accessories

## Task 2: Rehearsal Plan (70-Minute Session)

Title: Designing an Effective Rehearsal Structure

Instructions:

* Create a rehearsal plan that fits within a 70-minute session. Your plan should demonstrate time management, musical focus, and teamwork.
* Structure should include:
* Set-up and soundcheck (approx. 10–15 mins)
* Warm-up exercises (individual or group)
* Main rehearsal focus (e.g., song arrangement, transitions, solo sections)
* Short break (if needed)
* Cool-down or reflection
* Pack-down and debrief

## Task 3: Health and Safety Checklist

Title: Creating a Safe Rehearsal Environment

Instructions:

* Develop a health and safety checklist relevant to a rehearsal space.
* Consider:
* Electrical safety and cable management
* Volume levels and hearing protection
* Safe setup and movement around equipment
* Hydration and ventilation
* Emergency exits and procedures
* Manual handling (e.g., lifting amps or drum kits)

## Task 4: Rehearsal Target Setting

Title: Setting SMART Goals for Musical Progress

Instructions:

* Write 3–5 rehearsal targets that you or your group could use to track progress over time.
* Each target should be SMART:
* Specific
* Measurable
* Achievable
* Relevant
* Time-bound
* Examples:
* Tighten rhythm section timing in the bridge by next rehearsal.
* Achieve a clean vocal harmony blend in the chorus by week 3.
* Reduce set-up time to under 10 minutes by the end of the month.