

# 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.