

**Long Tone** To begin, we'll use a special "Long Tone" note. Hold the tone until your teacher tells you to rest. Practice long tones each day to develop your sound.

**FIRST NOTE**

Hold each long tone until your teacher tells you to rest.

**To play "D," place your fingers on the keys as shown.**

**Beat**  
A beat is the pulse of music, and like your heartbeat it remains very steady. Counting aloud and foot-tapping helps maintain a steady beat. Tap your foot **down** on each downbeat and **up** on each "&."

**Notes And Rests**  
**Notes** tell us how high or low to play by their placement on a line or space of the music staff, and how long to play by their shape. **Rests** tell us to count silent beats.

beat = 1 &  
          ↓ ↑

Quarter Note = 1 beat  
 Quarter Rest = 1 silent beat

**UNIT AND PLAY**

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap: ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

**NEW NOTE**

Look for the fingering diagram with each new note.

**FOUR'S A TEAM**

Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

**MOVING DOWN**

Practice long tones on each new note.

**MOVING ON UP**

**Double Bar** indicates the end of a piece of music.  
**Repeat Sign** Without stopping, play once again from the beginning.

**7. THE LONG HAUL**

**A** *Double Bar*

**8. FOUR BY FOUR**

*Repeat Sign*

Count & Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

**9. TOUCHDOWN**

**G** *Double Bar*

**10. THE FAB FIVE**

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

**Treble Clef** (G Clef) indicates the position of note names on a music staff: Second line is G.

**Time Signature** indicates how many beats per measure and what kind of note gets one beat.  
4/4 = 4 beats per measure  
          = Quarter note gets one beat

**Note Names** Each note is on a line or space of the staff. These note names are indicated by the Treble Clef.

**Sharp** # raises the note and remains in effect for the entire measure.  
**Flat** b lowers the note and remains in effect for the entire measure.  
**Natural** ♮ cancels a flat (b) or sharp (#) and remains in effect for the entire measure.

**THEORY**

**11. READING THE NOTES** Compare this to exercise 10, THE FAB FIVE.

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

**12. FIRST FLIGHT**

**13. ESSENTIAL ELEMENTS QUIZ** Fill in the remaining note names before playing.