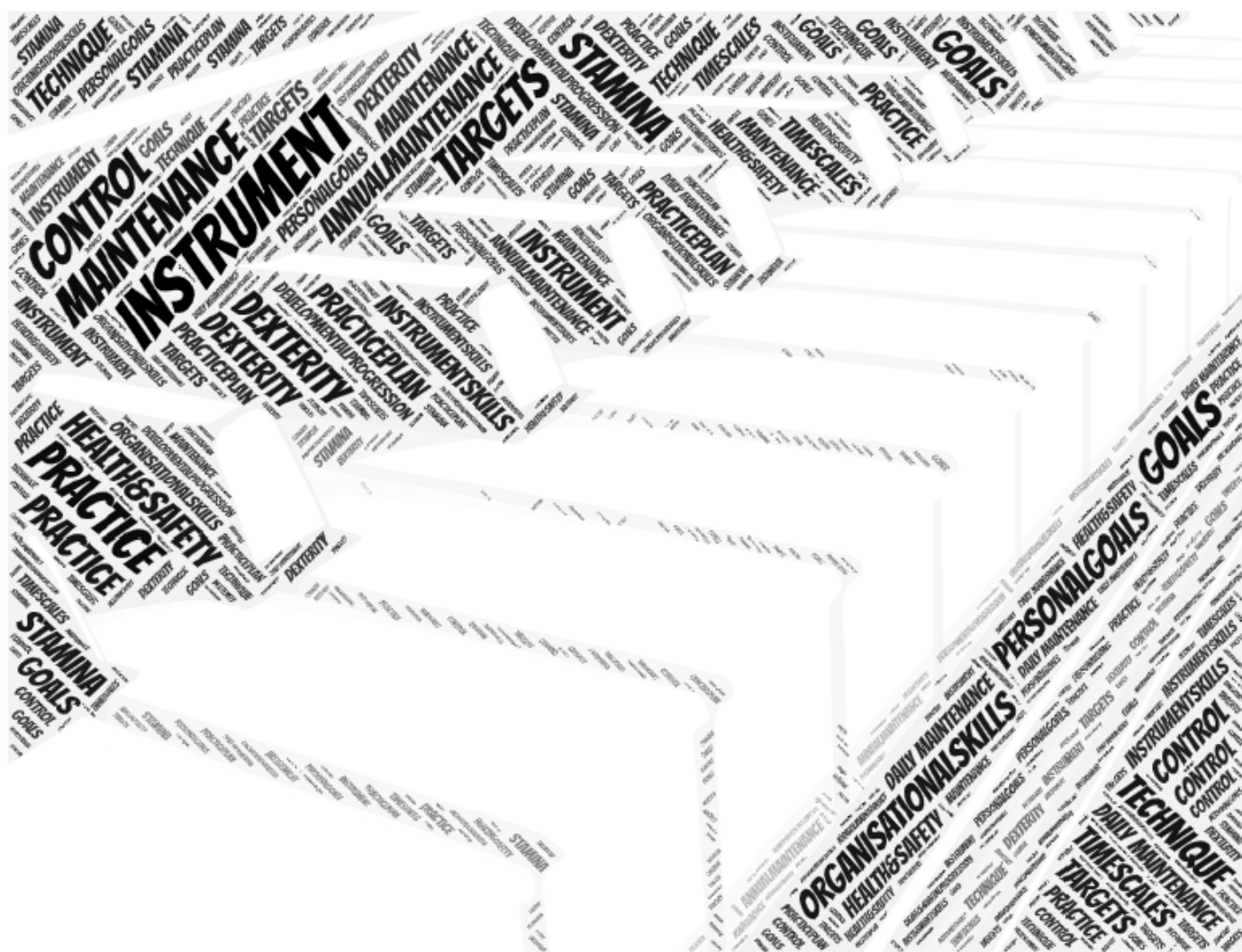


# Unit 204ta: Instrumental Study



**Credit Value: 8 / 20**

Name:	
Form Group:	
Target:	

### RSL Level 2 Performance Music Practitioner (20 Credits)

**201ta : Musical Knowledge**  
**INTERNAL CORE (4)**

**202ta: Live Performance**  
**EXTERNAL CORE (8)**

**204: Improving**  
**Instrumental Study**  
**INTERNAL (8)**

Three units in total which give a total of 20 Credits.  
You **MUST** complete and pass all units to pass the full course.  
The quality of your pass will be shown as PASS, MERIT or DISTINCTION.  
Your final RSL grade for the full course is worked out across all units.  
Your final overall grade will be shown as PASS, MERIT or DISTINCTION.

### Unit 204ta: Instrumental Study (Internal)

**Credit Value: 8**

This unit aims to enhance the learner's capacity to understand how to maximise their development as an instrumentalist, to recognise success and to encourage improvement in areas which require further work through objective and reflective self assessment.

The purpose of this unit is to facilitate the learner's ongoing development as an instrumentalist, based around their own goals and objectives using structured planning and reflection of personal development. This will in turn facilitate the capacity to use their instrument as their primary tool for creating and/or performing music.

#### Unit Content

<b>Skills for Instrument Maintenance</b>	The ability to safely and efficiently set up their instrument for playing as required
<b>Health &amp; Safety</b>	Understanding of personal Health & Safety considerations in relation to playing an instrument and associated equipment
<b>Instrumental Skills</b>	<ul style="list-style-type: none"> <li>✓ The ability to develop instrumental techniques appropriate to the instrument</li> <li>✓ Understanding of relevant stylistic characteristics in relation to the instrument</li> <li>✓ The ability to improve physiologically, e.g. dexterity, stamina and control of the instrument</li> </ul>
<b>Organisational Skills</b>	<ul style="list-style-type: none"> <li>✓ The capacity to plan instrumental practice, through developing realistic aims and defining success</li> <li>✓ Time management skills – working to a given time frame, working to deadlines</li> </ul>
<b>Analytical Skills</b>	<ul style="list-style-type: none"> <li>✓ The ability to analyse and assess own skills and personal aims</li> <li>✓ The ability to evaluate own work and consider ways of improving in relation to the personal goals</li> <li>✓ The capacity to respond positively to tutor comments and evaluations</li> <li>✓ The capacity to assess and act upon Health &amp; Safety considerations</li> </ul>





## Grading Criteria

DISTINCTION	1.1	<u>Comprehensively</u> assess the day-to-day maintenance requirements of their instrument and identify those which may be undertaken personally
	1.2	<u>Comprehensively</u> describe personal Health & Safety issues in relation to their instrument and playing style and review personal approach to the issues associated with playing their instrument
	2.1	<u>Comprehensively and insightfully</u> identify personal goals in relation to playing an instrument and create a plan of action, in negotiation with a tutor, to help achieve them. This will include: a. A practice plan agreed with the tutor b. Identification of specific aims for ongoing development c. Timescales for achieving the aims
	3.1	Over an agreed study period, demonstrate <u>profound and comprehensive</u> developmental progression as an instrumentalist through <u>consistent and rigorous</u> engagement with the practice plan agreed with an instrumental tutor. To include improvement in: a. Technical ability b. Dexterity c. Stamina d. Control of the instrument
	3.2	<u>Rigorously</u> clarify achievements in relation to the personal goals identified in 2.1, perceptively highlighting strengths and areas for development and plan for ongoing development as an instrumentalist

MERIT	1.1	Give <u>clear and detailed</u> assessment of day-to-day maintenance requirements of their instrument and identify those which may be undertaken personally
	1.2	Give <u>clear and detailed</u> description of personal Health & Safety issues in relation to their instrument and playing style and review personal approach to the issues associated with playing their instrument
	2.1	<u>Clearly and perceptively</u> identify personal goals in relation to playing an instrument and create a plan of action, in negotiation with a tutor, to help achieve them. This will include: a. A practice plan agreed with the tutor b. Identification of specific aims for ongoing development c. Timescales for achieving the aims
	3.1	Over an agreed study period, demonstrate <u>significant developmental</u> progression as an instrumentalist through consistent engagement with the practice plan agreed with an instrumental tutor. To include improvement in: a. Technical ability b. Dexterity c. Stamina d. Control of the instrument
	3.2	Clarify <u>clear and detailed</u> achievements in relation to the personal goals identified in 2.1, highlighting strengths and areas for development and plan for ongoing development as an instrumentalist

PASS	1.1	<u>Assess</u> the day-to-day maintenance requirements of their instrument and identify those which may be undertaken personally
	1.2	<u>Describe</u> personal Health & Safety issues in relation to their instrument and playing style and review personal approach to the issues associated with playing their instrument
	2.1	<u>Identify</u> personal goals in relation to playing an instrument and create a plan of action, in negotiation with a tutor, to help achieve a. A practice plan, agreed with the tutor b. Identification of specific aims for ongoing development c. Timescales for achieving the aims
	3.1	Over an agreed study period, <u>demonstrate</u> developmental progression as an instrumentalist through engagement with the practice plan agreed with an instrumental tutor. To include improvement in: a. Technical ability b. Dexterity c. Stamina d. Control of the instrument
	3.2	<u>Clarify</u> achievements in relation to the personal goals identified in 2.1, highlighting strengths and areas for development and plan for ongoing development as an instrumentalist

UNCLASSIFIED	1.1	Insufficient ability to assess the day-to-day maintenance requirements of their instrument and identify those which may be undertaken personally
	1.2	Insufficient ability to describe personal Health & Safety issues in relation to their instrument and playing style and review personal approach to the issues associated with playing their instrument
	2.1	Insufficient ability to identify personal goals in relation to playing an instrument and create a plan of action in negotiation with a tutor. That includes: a. A practice plan, agreed with the tutor b. Identification of specific aims for ongoing development c. Timescales for achieving the aims
	3.1	Insufficient ability to demonstrate over an agreed study period developmental progression as an instrumentalist through engagement with the practice plan agreed with an instrumental tutor
	3.2	Insufficient ability to clarify achievements in relation to the personal goals identified in 2.1, highlighting strengths and areas for development and plan for ongoing development as an instrumentalist

L.O. 1	Assessment Criteria You can:		Required Evidence
L.O. 1 Demonstrate care of the instrument and instrumentalist	1.1	Assess the day-to-day maintenance requirements of their instrument and identify those which may be undertaken personally	"Me and my Instrument" a PowerPoint / leaflet or presentation.   800  6 mins
	1.2	Describe personal Health & Safety issues in relation to their instrument and playing style and review personal approach to the issues associated with playing their instrument	

## Me and my Instrument



Produce a leaflet or PowerPoint document all about your instrument and the day to day maintenance that is required to keep it in good playing order. You will also need to include a section on personal Health and Safety so that you that you can keep you and your instrument in tip top condition for playing and performance.

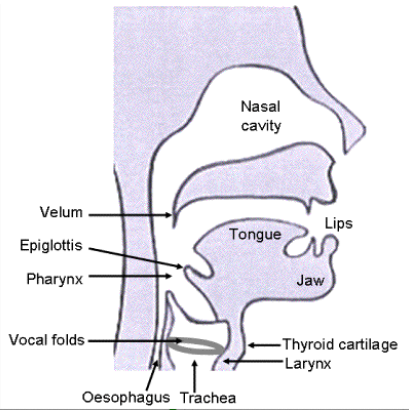
### 1.1 Assess the day-to-day maintenance

1	Name / identify your instrument or voice	<p>Find an image of your instrument and label all parts. If your instrument is in sections can you show separate as well as a connected image? You should describe each part in detail. What does each part do? Find an image/s of a famous musician who plays your instrument. Has their playing influenced or inspired you?</p> <p>Singers – find images of all vocal ranges (and examples of vocalists). Include an image of vocal cords and a diagram / image of the lungs / torso to show how the the voice produces and controls sound. Find an image/s of a famous singer. Has their singing influenced or inspired you?</p>
2	List 3 regular maintenance tasks	<p>These should be tasks that you can do yourself and keep the instrument in good playing order. These should be tasks that you carry out every week. Say how often you should do these tasks and WHY they should be done. Does it affect the tone production, ease of playing? Does it help fit the instrument together?</p>
3	Arrange this list into order of priority	<p>What task should be done first and why. You should be comprehensively describing why you have put these tasks in this specific order.</p>
4	Specialist Maintenance	<p>List 3 more significant occasions / issues that would require specialist support to maintain your instrument / voice. What type of instrumental specialist would you need? Why would you need a specialist to carry out this work? What would they be doing for each issue identified? How often would this need to take place? Would you need to be without your instrument whilst this happened? Are there additional costs?</p>

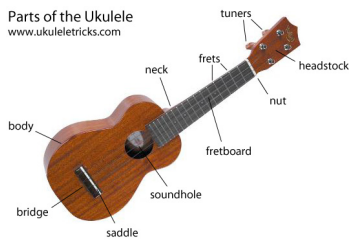
### 1.2 Health and Safety (Risk Assessment)

1	Identify at least 3 Health & Safety issues that you need to be aware of when using your instrument.	<p>What could hurt you or damage your instrument when you are practicing? What could hurt you or damage your instrument when you are playing live? What is the specific danger posed by each point you have identified? How can you address and prevent each issue?</p>
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Parts of the Ukulele  
www.ukuleletricks.com



## Day to day maintenance for instrument

Find an image of your instrument or body diagram for singers

Label the diagrams with detail. What does each section do? Why is this important?

If you have strings, reeds, mouthpieces, mention makes, models and preferences.

Find an image of a performer you admire who plays your instrument or is a singer

How has their style influenced you? What do they do that you admire / aspire to?

Do you have / want the same instrument? Do they have a technique that impresses you? Do you like their tone?

List at least 3 regular maintenance tasks that you can do / should do.

How often do each of these happen? Why are they important? What do they affect? Are these done when the instrument is being assembled or removed from a case?

Place these tasks in order of importance and say why they are in this order.

Identify 3 specialist maintenance tasks that you could not do.

Why are they specialist tasks? What type of specialist would you need to do this? How often would this take place? Are there costs involved?

Would this affect your playing / practice routine? How could you make sure that your routine wasn't affected?

204ta Instrumental Study

Demonstrate care of the instrument and instrumentalist

## Health and safety for you and your instrument

Identify at least 3 Health and safety issues for when you are using your instrument. What can hurt you or damage your instrument?




Practicing issues. Identify the specific dangers. How can you prevent or avoid these?

Health issues. Posture, embouchure (wind instruments). Breathing, singers and wind players. Technique, repetitive strain injury?

Performing issues. Identify the specific dangers. How can you prevent or avoid these?

Posture? Changing instruments? Use of technology? Equipment needed to support your performance?



L.O. 2	Assessment Criteria You can:		Required Evidence
L.O. 2 Understand how to develop instrument-specific technique appropriate to performance at this level	2.1	<p>Identify personal goals in relation to playing an instrument and create a plan of action, in negotiation with a tutor, to help achieve them.</p> <p>This will include:</p> <ul style="list-style-type: none"> <li>a) A practice plan agreed with the tutor</li> <li>b) Identification of specific aims for ongoing development</li> <li>c) Timescales for achieving the aims</li> </ul>	<p>Hit the Target! Practice Plan with specific targets and dates for achieving them.</p> <div>    </div> <p>1000 8 mins</p>

Hit the Target!



You will need to produce a plan of action to improve your instrument or vocal technique. Identify specific goals that will improve specific areas of your instrument / vocal technique with a clear timescale and targets for improvement.






Are your targets Long, Mid or Short term? Why? Are some skill sets a long-term goal?

Your targets should be linked to:

Technical ability, Dexterity, Stamina and Instrumental Control.

**This should be approved by one or more of your teachers. GET IT SIGNED!**

Use the grid to help you create a “Practice Plan” covering up to 6 weeks.

What	When	Why	How	Who
<p>What piece or section of piece will you be working on? What skill set does it help to develop?</p> <p><b>Technique</b> <b>Dexterity</b> <b>Stamina</b> <b>Control</b></p>	<p>How long will you focus on playing this piece? Short term, long term goal? You should include specific dates.</p> <p>Are you playing this piece at an event for for someone? Does this influence your timescale?</p>	<p>What area of your skill set will be developed by doing this? How will this particularly develop your identified skill?</p> <p>Remember control and dexterity could be linked to using a specific piece of tech like a loop pedal or effects.</p>	<p>How will you know when you have successfully developed the skill set? <b>How will you record this</b> so that you can present evidence to RSL?</p>	<p>Who do you need to make sure this practice session successful? Do you need other players or backing tracks?</p>
 <p>Include a screen shot or actual sheet music / tab for reference. Link these to areas for focus.</p>	 <p>Set your practice plan out as a table. Include Long, mid and short term aims. Be specific about your timescale.</p>	 <p>Think about which of the areas are for long term development. What skills are being developed here?</p>	 <p>Be clear about how you will know when you have achieved your target.</p> <p>You need to video all practice sessions for evidence. Phone, ipad, camera?</p>	 <p>Think about identifying All equipment you will need for a successful session. Do you need any other people to support you eg. an accompanist or a backing track?</p>

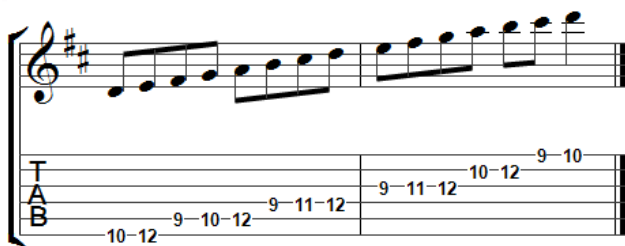
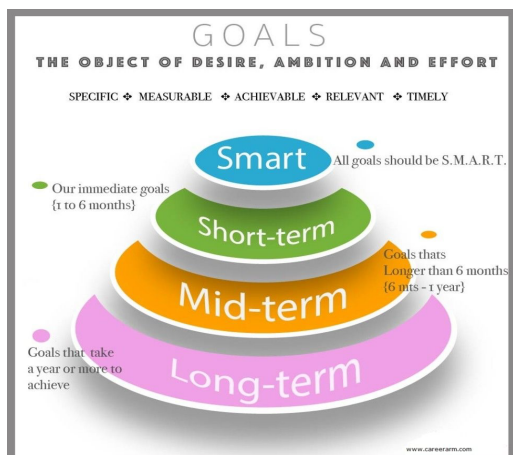




# HIT THE TARGET



Support



204ta Task 2 Hit the Target!

Produce a Practice Plan that includes personal goals linked to developing specific skills. **MUST BE AGREED WITH TEACHER/S**

Design a Practice to Plan to support the ongoing development with your instrument or voice. These should be linked to: Technique, Dexterity, Stamina and Control

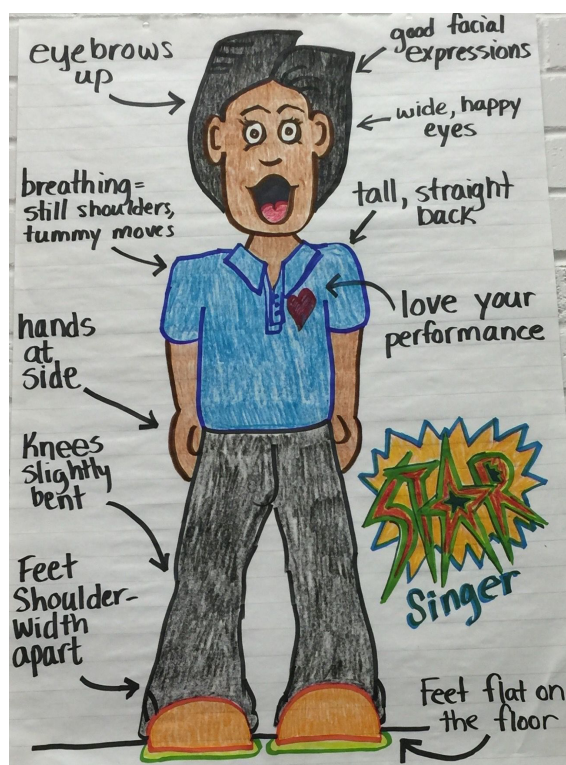
Include time targets over about 6 weeks (half a term). You should identify Long, mid and short term targets.

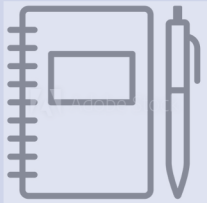




List the pieces or sections of pieces you will focus on. Why are you using these pieces? How and why will they help develop your playing? Which skill set do they focus on?

Are you wanting to develop skills linked to use of music technology like loop pedals. Does your routine allow you to do this?

Your practice will need evidencing. How will you collate all this information?

Once completed this practice plan should be signed / approved by your teacher/s.



L.O. 3	Assessment Criteria You can:		Evidence Required
L.O.3 Over an agreed study period, demonstrate developmental progression as an instrumentalist through engagement with the practice plan agreed with an instrumental tutor. To include improvement in:	3.1	a	Technical ability
		b	Dexterity
		c	Stamina
		d	Control of the instrument
	3.2	Clarify achievements in relation to the personal goals identified in 2.1, highlighting strengths and areas for development and plan for ongoing development as an instrumentalist	
			Documented Diary and Evaluation.    800   6 mins

# RECORD AND REVIEW



Make sure your diary reflects what you have set out in your practice plan. Sometimes we need to slightly alter targets due to circumstances. If you need to do this, say why and when and how it has affected your practice plan. Plans change, this is real life! Showing that you are ready to modify targets is a strength especially if they allow you to achieve your aim.

You will need to record (video) all your practice sessions.

How will you do this? Phone, iPad, camera?

Where will you store the evidence?

How will you transfer this to school safely? OneDrive?



Don't for one-minute think that the evaluation isn't important. **It is!**

By not completing a full evaluation you will fail the unit.

What has been successful? Why? Would you use this again?

What hasn't worked? Why? How can you change this so that it doesn't happen again?

This task requires you to keep a weekly log throughout the term which shows off your comprehensive development and reviews your achievements.

Your log needs to be engaging and concise. Therefore, you are required to capture short recordings every week of your on-going development, together with a weekly written review of your progress and development. Your recordings can be audio or video and should demonstrate your progression through your practice plan. For example, if you are improving your scales, you may like to record the increase in tempo which happens throughout your practice routine. If you are mastering a challenging piece of music, record the specific section that you are working on. These recordings will demonstrate your development in the following aspects:

Technical ability

Dexterity

Stamina

Control of the instrument.

You must complete a minimum of one recording a week.

# RECORD AND REVIEW



Support



Using your Planned Practice Plan for Hit the Target, keep a detailed diary recording progress over a 6 week period. **THIS MUST BE RECORDED FOR EVIDENCE AUDIO / VISUAL**

Success and challenges should clearly be linked to Technical ability, Dexterity, Stamina and Control of your instrument.

204 Task 3: Record and Review

Review your progress and plan over the 6 week period.

What has gone well and why? Would you do this again? What still needs work and why?

What still needs work or what is your next skill for development and why? First thoughts on how you can achieve this? Pieces?








<https://www.musiciansway.com/>

Check the practice / performance / wellness sections where there is Useful info, exemplar practice routines and review sheets.

<http://web.uniarts.fi/practicingtipsformusicians/performance/index.html>



204ta Key Words		Meaning
1	Maintenance	The ability and awareness of instrumental and personal health. How to keep the instrument and body in good, safe, working order.
2	Personal goals	The learners aspirations for the study period (these should be quantifiable)
3	Practice plan	A plan for the development of chosen areas of musicianship. This may include exercises, tasks, research, tutoring, etc.
4	Timescales	The length of time given in which a chosen areas development will be undertaken and reviewed
5	Developmental progression	advancement in a chosen area over time. Developmental progression should be referred to at several points throughout the given timescales
6	Technical Ability	The learners ability as an instrumental technician (range and competence in varying instrumental techniques)
7	Dexterity	The mental aspects of musicianship (reading from tab/chart, improvisation, etc.)
8	Stamina	The ability to perform consistently over a period of time
9	Control of the instrument	Proficiency with the instrument, ability to control the sounds and dynamics of the instrument
10	Achievements	Personal success in relation to a set goal

204ta : Evidence Checklist			✓
L.O.1	Me and my Instrument	<p>“Me and my Instrument” a PowerPoint / leaflet or presentation. Including detail about your instrument maintenance and all Health and Safety issues.</p> <div>  800            6 mins         </div>	
L.O.2	Hit the Target	<p>Practice Plan set out for 6 weeks with clear targets. Checked and agreed with teachers.</p> <div>  1000            8 mins         </div>	
L.O.3	Record and Review	<p>Documented Diary over 6 weeks. Video /audio footage linked to the targets set in L.O.2. Evaluation of Practice routine set out in L.O.2.</p> <div>  800            6 mins         </div>	