

MUSIC

Band 5-8

Learning to play a musical instrument offers a lot of benefits. If there's one thing you should learn in your lifetime, it's how to play an instrument. Here are 5 reasons why:

Playing A Musical Instrument Makes You Smarter

Many studies have been conducted on the effects of music to the brain. Scientists say that children who are exposed to music, or those who play an instrument, do better in school than those who don't. Recent research suggests exposure to music may benefit a child's reading age, IQ and the development of certain parts of the brain. Adults can benefit from learning to play an instrument too because it helps the mind to be alert and remain active eventually helping to sharpen the memory.

It Teaches Discipline

Learning to play an instrument is like learning to speak

another language and it can be challenging at times. One of the qualities musicians possess is discipline. You have to be disciplined in order to master playing your instrument. You have to set time each day to



practice, practice and practice some more.

Playing A Musical Instrument Relieves Stress

We all have days when we are so stressed out and we just want to take a break from it all. Have you ever noticed that when you hear soft, soothing music you feel more relaxed? Playing an instrument can do that and more, especially if you're the one playing. Music is one of life's simple joys; it helps calm the mind.

Sense of Achievement

If you're a beginner learning to play your first piece, it can be frustrating. But once you've mastered it, the satisfaction you'll feel is priceless. Never mind if it's just a simple piece, believe me you'll never forget the first piece you've mastered. You are one more step closer to achieving your goal and that is certainly something to be proud of.

Playing A Musical Instrument is Fun

Sure it can be a lot of hard work but there is no denying playing an instrument is fun. Once you get better at it, opportunities will arise for you to share your newly learned skill with your family and friends. Who knows, you may also consider playing professionally in the future. Playing a musical instrument opens up a lot of good possibilities that will surely enrich your life.

The following are the values and outcomes of the Music Program at North Hampton School:

- ◆ **Value making music and attending musical performances as a rewarding and enjoyable lifelong activity.**
- ◆ **Value different kinds of music and the music making of others.**
- ◆ **Sing different kinds of music accurately, expressively and in a healthy manner**
- ◆ **Perform different kinds of music accurately and expressively on an instrument(s)**
- ◆ **Create music and improvise music.**
- ◆ **Read and write music with accepted notation.**
- ◆ **Listen to, and hear with understanding, music of many kinds.**
- ◆ **Evaluate musical works and musical performances by employing accepted musical standards understand music theory.**
- ◆ **Experience, appreciate and understand different types of musical performances.**
- ◆ **Apply an understanding of the history, periods, and styles of music to music heard and performed relate music to the other arts and to other disciplines outside the arts.**

Music Assessment:

Students are assessed by their efforts not their inherent musical talent. Process is valued over product, while at the same time students are encouraged to make certain items their personal best for presentation. Growth is looked for and captured in many different areas i.e. success with a skill, or perhaps being less nervous at a concert. To this end students in the NHS Music Program are assessed:

- Through teacher observations.
- Self-reflections.
- Student teacher conference
- audio/video recording.
- Peer teaching.
- Formal grades/report cards in grades 6-8.

Formal Assessment will generally be based on the basic, proficient, advanced scale or non-participatory for grade 5 to 8.

The basic achievement corresponds to getting a "1" or a "2" on the report card or below standard.

Proficient is equivalent to meeting the standard that has been set or the current "3" on the report card.

Advanced level is working beyond the standard or what is now a "4" on the report card.

Non-participatory is self-explanatory. If a student does not participate, this will be indicated.