

Marianne Ploger's method for teaching the tracking page

The "Tracking Page" is a good way to teach clefs, intervals and modes. Do each line in all 7 clefs with these six steps: ALL OF WHICH ARE DONE IN RHYTHM—one note per beat at approximately quarter note = 80

1. Name notes using fixed-do solfege. No pitch—just speaking
2. Name melodic intervals using 0-11 interval numbers*
3. Name harmonic intervals thinking of the first note as a drone
4. Repeat step 3, but sing pitches
5. Repeat step 2, but sing pitches
6. Repeat step 1, but sing pitches

So 4, 5, and 6 are all singing the same notes, you're just using different words each time.

So line 1 in treble clef would be:

1. Fa, sol, la, sol, fa mi, re...
2. Fa--up a 2--up a 2--down a 2--down a 2--down a 1--down a 2...
3. 0-2-4-2-0-11-9... (Fa to fa = 0; fa to sol=2; fa to la=4...fa to mi=11; fa to re=9, etc.)
4. 0-2-4-2-0-11-9 BUT SUNG TO CORRECT PITCHES
5. Fa--up a 2--up a 2--down a 2--down a 2--down a 1--down a 2... DITTO
6. Fa, sol, la, sol, fa mi, re... DITTO

Then repeat line 1 in bass, alto, tenor, mezzo soprano, soprano, and baritone clefs (i.e. use all 7 notes do-si as starting notes)

Finally, regardless of the starting pitch use only "white notes" (no chromatic alterations). You will therefore be singing in each of the seven modes as you change the starting pitch.

*0 = unison to 11= major seventh