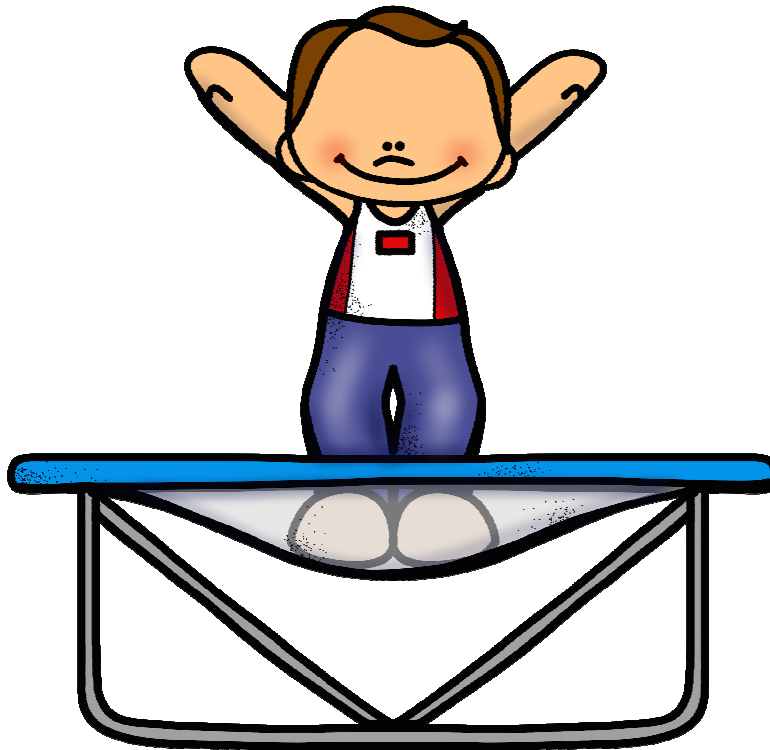


# "TRAMPOLINE"

Up and Down Stepwise Movement



(The Olympian bounces up and down on the trampoline.  
Just like notes moving on the recorder!)



This Packet Focuses on  
Half Notes/Rests, and  
Quarter Notes/Rests



Half Note/Rest gets 2 counts of Sound/Silence!

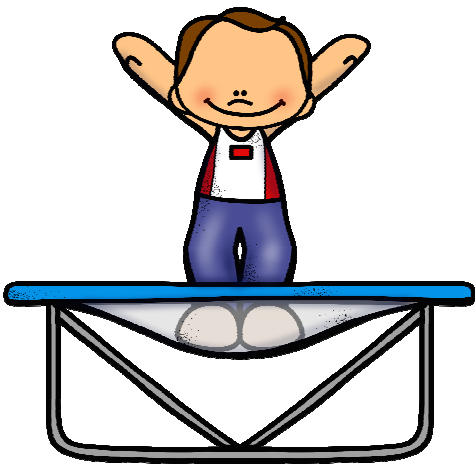
Quarter Note/Rest gets 1 count of Sound/Silence!

You will be working with  
MANY different notes!

Look at the fingerings  
Provided on each page!

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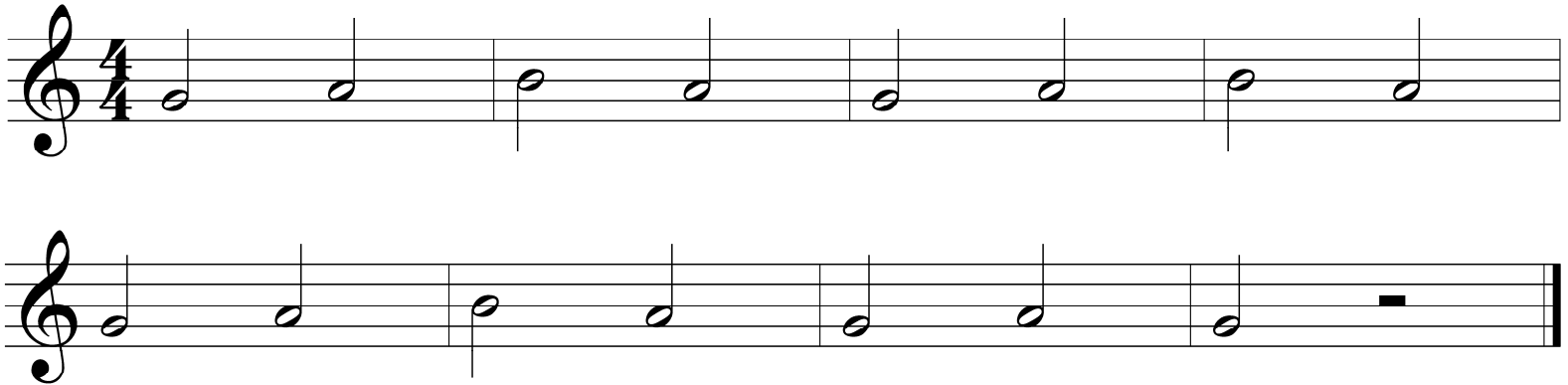
Make sure to use  
STRONG FINGERS!



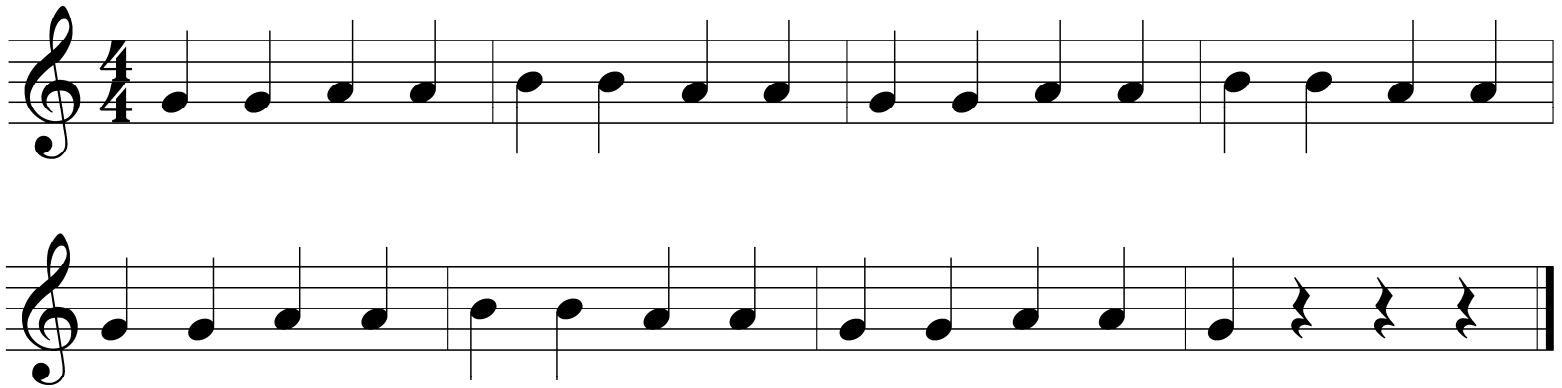
# TRAMPOLINE




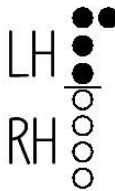

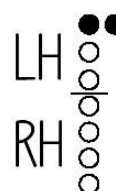
Up/Down Movement (GAB)

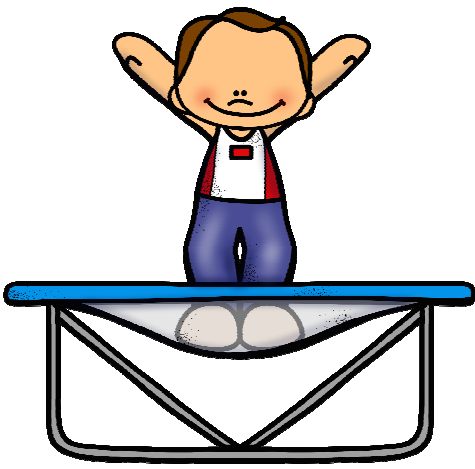
#1



#2



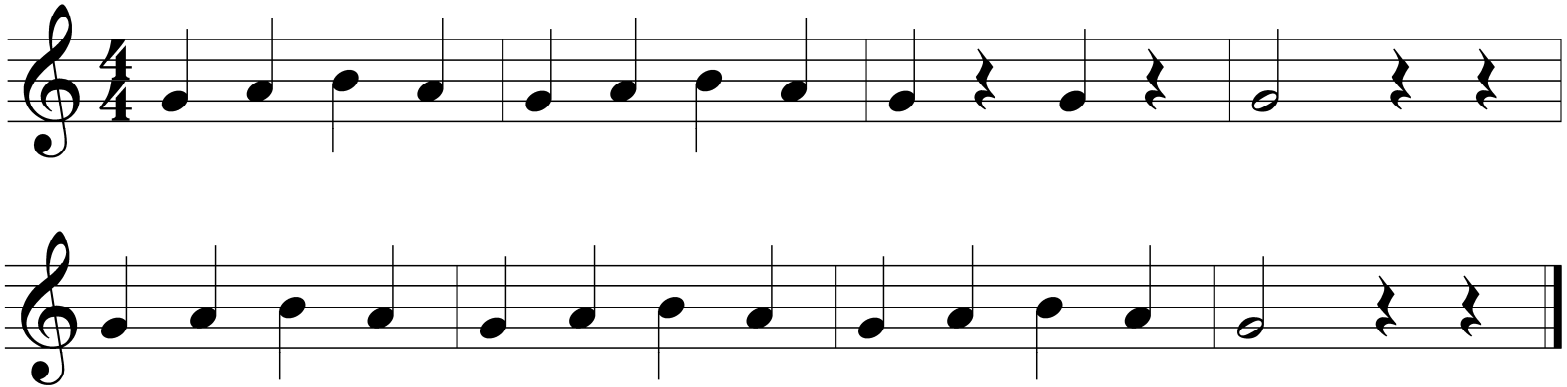
		
LH 	LH 	LH 
G	A	B



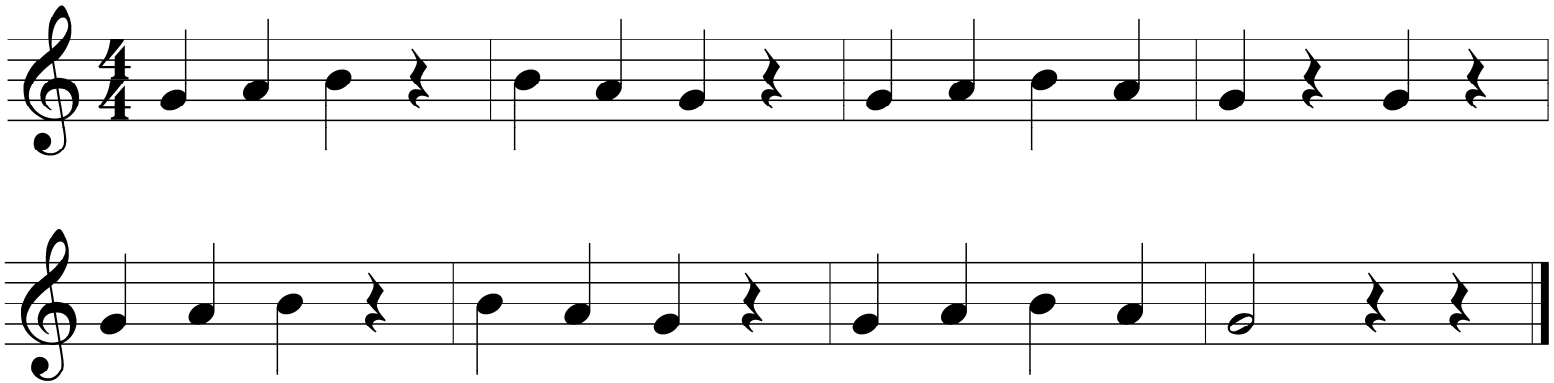
# TRAMPOLINE



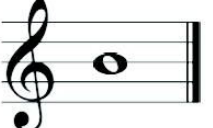
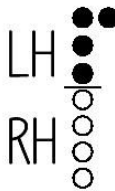

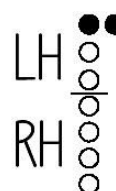



Up/Down Movement (GAB)

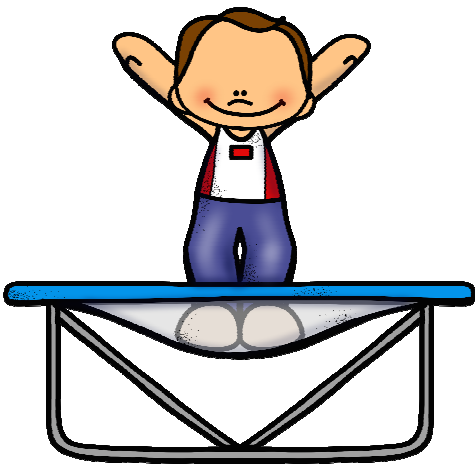
#3



#4



		
LH 	LH 	LH 
RH 	RH 	RH 
G	A	B



# TRAMPOLINE

Up/Down Movement (GABC)

#1

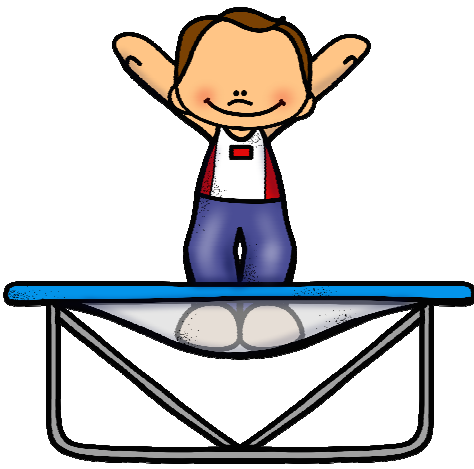
Two staves of music in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), and a whole rest. The second staff is identical to the first.

#2

Two staves of music in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), and a whole rest. The second staff is identical to the first.

A box containing four chord diagrams for G, A, B, and C. Each diagram shows a treble clef with a single note on a staff. Below each note are two rows of circles representing strings: LH (Left Hand) and RH (Right Hand).

- G:** LH has three dots on strings 1, 2, and 3; RH has two dots on strings 2 and 3.
- A:** LH has three dots on strings 1, 2, and 3; RH has two dots on strings 2 and 3.
- B:** LH has three dots on strings 1, 2, and 3; RH has two dots on strings 2 and 3.
- C:** LH has three dots on strings 1, 2, and 3; RH has two dots on strings 2 and 3.



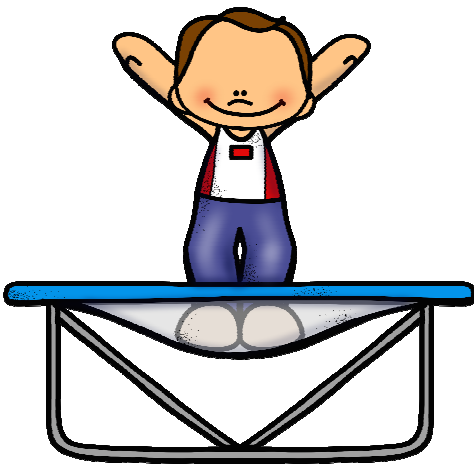
# TRAMPOLINE

Up/Down Movement (GABC)

#3

#4

LH ●●●● RH ○○○○	LH ●●●● RH ○○○○	LH ●●●● RH ○○○○	LH ●●●● RH ○○○○
G	A	B	C



# TRAMPOLINE

Up/Down Movement (GABCD)

#1

Musical notation for exercise #1. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter). The second staff contains a sequence of notes: G4 (quarter), a whole rest, B4 (quarter), a whole rest, C5 (quarter), a whole rest, G4 (quarter), a whole rest.

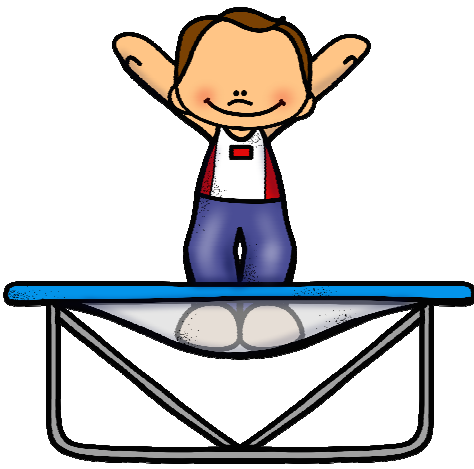
#2

Musical notation for exercise #2. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter). The second staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), a whole rest.

A diagram showing hand positions for notes G, A, B, C, and D. Each note is represented by a treble clef staff with a single note. Below each staff are two vertical columns of circles representing finger positions for the Left Hand (LH) and Right Hand (RH).

- G:** LH has three black dots on the first three fingers; RH has two white dots on the first two fingers.
- A:** LH has three black dots on the first three fingers; RH has three white dots on the first three fingers.
- B:** LH has two black dots on the first two fingers; RH has four white dots on the first four fingers.
- C:** LH has two black dots on the first two fingers; RH has five white dots on the first five fingers.
- D:** LH has one black dot on the first finger; RH has six white dots on the first six fingers.





# TRAMPOLINE

Up/Down Movement (GABCD)

#3

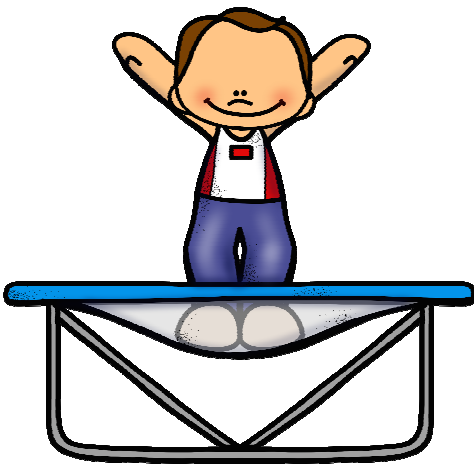
Two staves of music in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (half). The second staff contains a sequence of notes: D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F3 (quarter), E3 (quarter), D3 (quarter), C3 (half).

#4

Two staves of music in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (half), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (half). The second staff contains a sequence of notes: D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F3 (quarter), E3 (quarter), D3 (quarter), C3 (half).

A diagram showing five hand positions for notes G, A, B, C, and D on a piano keyboard. Each position is shown on a treble clef staff with a single note. Below each staff are two rows of circles representing the left hand (LH) and right hand (RH) fingerings. The LH circles are numbered 1-5 from top to bottom, and the RH circles are numbered 1-5 from bottom to top. The notes are G, A, B, C, and D.

LH: 3, 4, 5 RH: 1, 2, 3	LH: 3, 4, 5 RH: 1, 2, 3	LH: 3, 4, 5 RH: 1, 2, 3	LH: 3, 4, 5 RH: 1, 2, 3	LH: 3, 4, 5 RH: 1, 2, 3
G	A	B	C	D



# TRAMPOLINE

Up/Down Movement (EF#G)

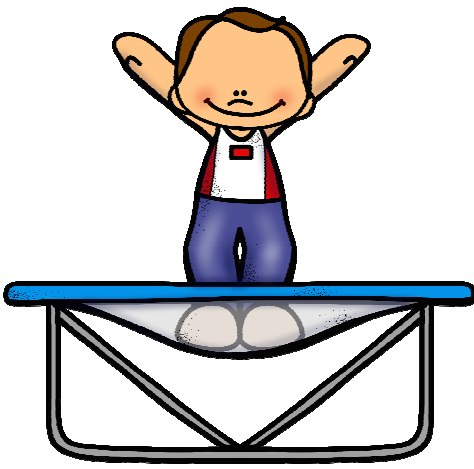
#1

Musical notation for exercise #1. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A#4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), and G5 (quarter). The second staff contains the same sequence of notes, with the final G5 note followed by a whole rest.

#2

Musical notation for exercise #2. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), D6 (quarter), E6 (quarter), F#6 (quarter), G6 (quarter), and A6 (quarter). The second staff contains the same sequence of notes, with the final A6 note followed by a whole rest.

A box containing three finger placement diagrams. Each diagram shows a treble clef staff with a single note. Below each note are two vertical columns of circles representing the left hand (LH) and right hand (RH) fingerings. The first diagram shows the note E, with LH fingers 1, 2, 3, 4, 5 and RH fingers 1, 2, 3, 4, 5. The second diagram shows the note F#, with LH fingers 1, 2, 3, 4, 5 and RH fingers 1, 2, 3, 4, 5. The third diagram shows the note G, with LH fingers 1, 2, 3, 4, 5 and RH fingers 1, 2, 3, 4, 5.

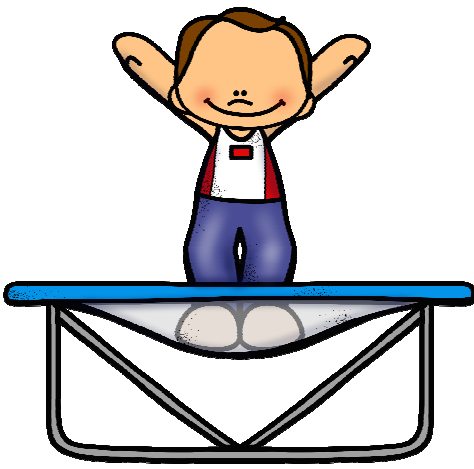


# TRAMPOLINE

Up/Down Movement (EF#G)

#3

Two staves of musical notation in 4/4 time. The first staff contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E3, D3, C3, B2, A2, G2, F#2, E2, D2, C2, B1, A1, G1, F#1, E1, D1, C1, B0, A0, G0, F#0, E0, D0, C0, B-1, A-1, G-1, F#-1, E-1, D-1, C-1, B-2, A-2, G-2, F#-2, E-2, D-2, C-2, B-3, A-3, G-3, F#-3, E-3, D-3, C-3, B-4, A-4, G-4, F#-4, E-4, D-4, C-4, B-5, A-5, G-5, F#-5, E-5, D-5, C-5, B-6, A-6, G-6, F#-6, E-6, D-6, C-6, B-7, A-7, G-7, F#-7, E-7, D-7, C-7, B-8, A-8, G-8, F#-8, E-8, D-8, C-8, B-9, A-9, G-9, F#-9, E-9, D-9, C-9, B-10, A-10, G-10, F#-10, E-10, D-10, C-10, B-11, A-11, G-11, F#-11, E-11, D-11, C-11, B-12, A-12, G-12, F#-12, E-12, D-12, C-12, B-13, A-13, G-13, F#-13, E-13, D-13, C-13, B-14, A-14, G-14, F#-14, E-14, D-14, C-14, B-15, A-15, G-15, F#-15, E-15, D-15, C-15, B-16, A-16, G-16, F#-16, E-16, D-16, C-16, B-17, A-17, G-17, F#-17, E-17, D-17, C-17, B-18, A-18, G-18, F#-18, E-18, D-18, C-18, B-19, A-19, G-19, F#-19, E-19, D-19, C-19, B-20, A-20, G-20, F#-20, E-20, D-20, C-20, B-21, A-21, G-21, F#-21, E-21, D-21, C-21, B-22, A-22, G-22, F#-22, E-22, D-22, C-22, B-23, A-23, G-23, F#-23, E-23, D-23, C-23, B-24, A-24, G-24, F#-24, E-24, D-24, C-24, B-25, A-25, G-25, F#-25, E-25, D-25, C-25, B-26, A-26, G-26, F#-26, E-26, D-26, C-26, B-27, A-27, G-27, F#-27, E-27, D-27, C-27, B-28, A-28, G-28, F#-28, E-28, D-28, C-28, B-29, A-29, G-29, F#-29, E-29, D-29, C-29, B-30, A-30, G-30, F#-30, E-30, D-30, C-30, B-31, A-31, G-31, F#-31, E-31, D-31, C-31, B-32, A-32, G-32, F#-32, E-32, D-32, C-32, B-33, A-33, G-33, F#-33, E-33, D-33, C-33, B-34, A-34, G-34, F#-34, E-34, D-34, C-34, B-35, A-35, G-35, F#-35, E-35, D-35, C-35, B-36, A-36, G-36, F#-36, E-36, D-36, C-36, B-37, A-37, G-37, F#-37, E-37, D-37, C-37, B-38, A-38, G-38, F#-38, E-38, D-38, C-38, B-39, A-39, G-39, F#-39, E-39, D-39, C-39, B-40, A-40, G-40, F#-40, E-40, D-40, C-40, B-41, A-41, G-41, F#-41, E-41, D-41, C-41, B-42, A-42, G-42, F#-42, E-42, D-42, C-42, B-43, A-43, G-43, F#-43, E-43, D-43, C-43, B-44, 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# TRAMPOLINE

Up/Down Movement (DEF#G)

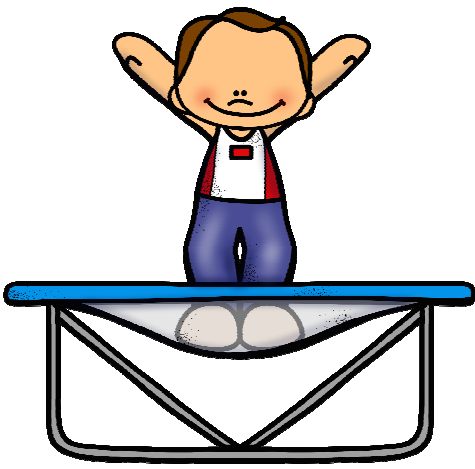
#1

Two staves of musical notation in 4/4 time. The first staff contains a sequence of notes: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), and a whole rest. The second staff contains a sequence of notes: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), and a whole rest.

#2

Two staves of musical notation in 4/4 time. The first staff contains a sequence of notes: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), and a whole rest. The second staff contains a sequence of notes: D4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), and a whole rest.

A box containing four musical staves, each with a single note and its corresponding hand position diagram. The first staff shows a D note with LH fingers 1-2-3 and RH fingers 1-2-3-4-5. The second staff shows an E note with LH fingers 1-2-3-4 and RH fingers 1-2-3-4-5. The third staff shows an F# note with LH fingers 1-2-3-4 and RH fingers 1-2-3-4-5. The fourth staff shows a G note with LH fingers 1-2-3-4 and RH fingers 1-2-3-4-5.



# TRAMPOLINE

Up/Down Movement (DEF#G)

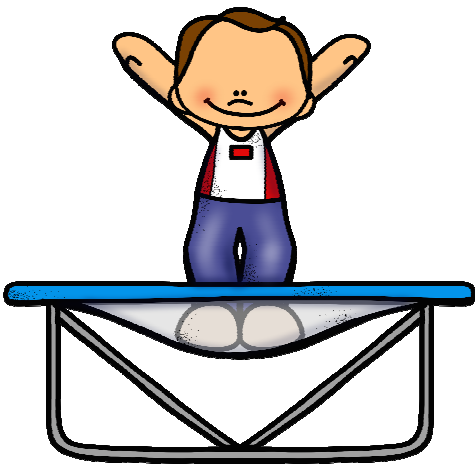
#3

Two staves of music in 4/4 time. The first staff contains a sequence of notes: D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The second staff contains a sequence of notes: D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, followed by a whole rest.

#4

Two staves of music in 4/4 time. The first staff contains a sequence of notes: D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The second staff contains a sequence of notes: D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, followed by a whole rest.

A box containing four chord diagrams. Each diagram shows a treble clef with a single note on the staff. Below each note are two rows of circles representing the left hand (LH) and right hand (RH) fingerings. The chords are: D (LH: 1, 2, 3, 4; RH: 1, 2, 3, 4), E (LH: 1, 2, 3, 4; RH: 1, 2, 3, 4), F# (LH: 1, 2, 3, 4; RH: 1, 2, 3, 4), and G (LH: 1, 2, 3, 4; RH: 1, 2, 3, 4).



# TRAMPOLINE

Up/Down Movement (CDEF#G)

#1

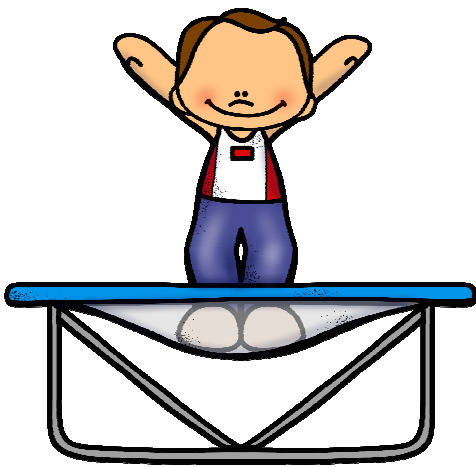
Musical notation for exercise #1. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The second staff contains a sequence of notes: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter), with a bar line at the end.

#2

Musical notation for exercise #2. It consists of two staves in 4/4 time. The first staff contains a sequence of notes: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), and C6 (quarter). The second staff contains a sequence of notes: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), and C6 (quarter), with a bar line at the end.

A box containing five hand position diagrams for notes C, D, E, F#, and G. Each diagram shows a treble clef staff with a single note. Below each note are two vertical columns of dots representing the left hand (LH) and right hand (RH) fingerings. The notes are C, D, E, F#, and G. The LH and RH labels are on the left of each column of dots. The notes are C, D, E, F#, and G.





# TRAMPOLINE

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