

Lesson 1 – Introduction to the Guitar

Method Book I: Level 1, pages 5 - 8

RECOMMENDED FOR HIGH SCHOOL CLASSES

- Consider combining Lesson 1 and 2 into a single session depending on the length and pacing of your class

	ACTIVITY	SOURCE	DESCRIPTION
1.	Introduction	Video	Welcome Guitar Ensemble Method by Lead Guitar
2.	Get Ready to Play	Video	Parts of the guitar (p. 5)
3.	Technique Focus	Video	Sitting position (p. 6)
4.	Individual Practice	Teacher Directed	Practice setting up 'four points of contact' between body and guitar
5.	Technique Focus	Video	Right-hand set-up (p. 8)
6.	Technique Focus	Video	Rest strokes and walking on the B string (p. 12)
7.	Individual Practice	Teacher Directed	Rest strokes, alternating with index and middle fingers
8.	Change of Pace/ Brain Break	Teacher Directed	Watch guitar performance video and discuss with class - the 'Activities and Videos' glossary in the Resources folder has ideas and links
9.	Preview Song	Teacher Directed	Check out and discuss <i>Freight Train</i> from Level 2. It's in the Play-Along section of "Lead Guitar Official" YouTube channel
10.	Review	Teacher Directed	Sitting position, RH set up, rest strokes, parts of guitar
11.	Summary and Closing	Teacher Directed	Summarize and review the learning targets for this lesson (found below). Close with one more round of practicing the important techniques (RH set up and rest strokes).

After completing Lesson 1 students can:

- Identify the parts of the guitar
- Demonstrate an ergonomic sitting position
- Demonstrate an ergonomic right-hand position
- Play rest strokes alternating with right-hand 'i' and 'm' fingers

Lead Guitar meets National Arts Standards in the areas of General Music, Ensemble and Harmonizing Instruments. Refer to the 'Arts Standards and Lead Guitar' PDF in the Resources folder for an overview and detailed list of standards addressed by level.