Lesson 1 – Introduction to the Guitar

Method Book I: Level I, 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.	Technique Focus	Video	Sitting position (pg. 6)
2.	Individual Practice	Teacher directed	Practice setting up 'four points of contact' between body and guitar
3.	Technique Focus	Video	Right-hand set-up (pg. 8)
4.	Technique Focus	Video	Rest strokes and walking on the B string (pg. 12)
5.	Individual Practice	Teacher directed	Rest strokes, alternating with index and middle fingers
6.	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
7.	Review	Teacher directed	Sitting position, RH set up, rest strokes, parts of guitar

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.