# Grille de gammes du secondaire

## Basée sur une routine de pratique de 10 minutes par jour

Grille conçue par Mathieu Gaulin. Testée par l'auteur et Isabelle Choquette avec plus de 200 élèves dans trois écoles secondaires de 2004 à 2022.

exercices gratuits sur www.mathieugaulin.com, page *Enseignement* - © Mathieu Gaulin. Tous droits réservés.

Sec. 3+ : Conjointes et tierces :

Arpèges : 1 x lié, 1 x détaché, 1 x lié

Tempo

| Niv. | Patron | Tonalité | En noires | | | | | | | | | | | | | | | | | En croches | | | | | | | | | | | | | | | | | | En doubles | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 69 | 72 | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 126 | 132 | 138 | 72 | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 126 | 132 | 138 | 72 | 76 | 80 |
| 1ère année | Conjoint et Arpège | DO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | la (*G#* à partir du ré moyen) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | SOL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | mi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | FA (arpège avec *X 2* ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ré | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2e année | | RÉ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | si | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | chromatique | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Conj. et arpège | SIb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | sol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3e année | Conj. et arpège | LA (*G#* à partir du ré moyen) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | fa# (*G#* à partir du ré moyen) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Conj. et arpège | MIb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | do | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4e année | Conj. et arpège | MI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | do# | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Conj. et arpège | LAb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | fa (arpège avec *X 2* ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5e année | 3ces | DO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | la | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3ces | SOL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | mi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3ces | FA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ré | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| * Évaluation (%) | Sec. 1 | É1 | 59 | 62 | 66 | 69 | 72 | 76 | 79 | 83 | 86 | 90 | 93 | 97 | 100 | | | | | | | | | | | | | | | | | | | | | | | |
| | | É2 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 63 | 66 | 69 | 72 | 75 | 79 | 83 | 88 | 92 | 96 | 100 | | | | | | | | | | | | |
| | | É3 | | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 63 | 66 | 69 | 72 | 76 | 80 | 84 | 88 | 92 | 96 | 100 | | | | | | | | | | | |
| | Sec. 2 | É1 & É2 | | | | | | 41 | 43 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 61 | 64 | 67 | 70 | 74 | 78 | 81 | 85 | 89 | 93 | 96 | 100 | | | | | | | | | | |
| | | É3 | | | | | | | 38 | 40 | 42 | 43 | 45 | 47 | 48 | 50 | 53 | 55 | 58 | 60 | 63 | 67 | 70 | 73 | 77 | 80 | 83 | 87 | 90 | 93 | 97 | 100 | | | | | | |
| | Sec. 3 | É1 | | | | | | | | | 42 | 43 | 45 | 47 | 48 | 50 | 53 | 55 | 58 | 60 | 63 | 67 | 70 | 73 | 77 | 80 | 83 | 87 | 90 | 93 | 97 | 100 | | | | | | |
| | | É2 | | | | | | | | | | 41 | 43 | 44 | 46 | 48 | 50 | 52 | 55 | 57 | 60 | 63 | 67 | 70 | 73 | 76 | 79 | 83 | 86 | 89 | 92 | 95 | 100 | | | | | |
| | | É3 | | | | | | | | | | 39 | 41 | 42 | 44 | 45 | 48 | 50 | 52 | 55 | 58 | 61 | 64 | 67 | 70 | 73 | 76 | 79 | 82 | 85 | 88 | 91 | 95 | 100 | | | | |
| | Secondaire 4 | | | | | | | | | | | | 39 | 41 | 42 | 43 | 46 | 48 | 50 | 52 | 55 | 58 | 61 | 64 | 67 | 70 | 72 | 75 | 78 | 81 | 84 | 87 | 91 | 96 | 100 | | | |
| | Sec. 5 | É1 | | | | | | | | | | 41 | 43 | 44 | 46 | 48 | 50 | 52 | 55 | 57 | 60 | 63 | 67 | 70 | 73 | 76 | 79 | 83 | 86 | 89 | 92 | 95 | 100 | | | | | |
| | | É2 & É3 | | | | | | | | | | | | | | | 39 | 41 | 43 | 45 | 48 | 50 | 53 | 55 | 58 | 60 | 63 | 65 | 68 | 70 | 73 | 75 | 79 | 83 | 86 | 90 | 95 | 100 |

* La gamme la plus basse détermine la note.