

Lesson and Practice Format general guidelines

45 Minute Lesson:

Relaxation exercises:	5 minutes
Technique: Scales, Exercises, sight reading	10 minutes
Repertoire:	20 minutes
Theory/Vocabulary/Music Appreciation:	10 minutes

60 Minute Lesson:

Relaxation exercises:	5 minutes
Technique: Scales, Exercises, sight reading	10 minutes
Repertoire:	30 minutes
Theory/Vocabulary/Music Appreciation:	15 minutes

Relaxation Exercises:

Before each practice session, it is important for you to be relaxed and focused. These exercises will help you.

1. **Breathing Exercise:** In a standing position, inhale through your nose, deeply. Exhale through your mouth. Do this 10 times each day.
2. **Shoulder Rotations:** Sometimes our shoulders are very tight and we need to relax them. In a standing position, lift your shoulders up, almost touching your ears. Press them forward, towards your chest, down and back. Do this 5 times forward and 5 times backwards.
3. **Hand Shaking:** This may look silly, but it helps the blood flow through your hands, warming them up and ready to play beautiful music. Raise your arms above your head. Shake your hands for 1 minute. Now put your arms out in front, shake your hands for 1 minute. Finally drop your arms to your sides and shake your hands for 1 minute. This should make your hands and fingers feel very tingly.

Students will progress from Primer level through Level 12. Students who begin their studies before grade one will be allotted two years to complete Level 1. This course of study is geared towards the **DEVELOPING PIANO STUDENT**, beginning in corresponding school grades. Students with special needs, limited ability or accelerated ability will move through the books at a different pace.

Students completing all levels of this course and having the desire and natural musical ability, should be prepared to audition at any major university's college of music, if they so desire. This course is not intended to be a method series. It is intended to assist in guiding students smoothly through the advancing levels of piano education, with an emphasis on musicianship and music appreciation.

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4 WEEK GOALS-ASSIGNMENT SHEET

LESSONS 1-4

SCALES

REPERTOIRE:

Baroque:
(1600-1750)

Classical:
(1750-1825)

Romantic:
(1825-1900)

Contemporary:
(1900-present)

Other

UPCOMING EVENTS:

<i>Community Service</i>	<i>Composition Due</i>	<i>Festival</i>
<i>Guild Auditions</i>	<i>Master Class</i>	<i>Performance Class</i>
<i>Performance Contest</i>	<i>NCM Examinations</i>	<i>Recital</i>
<i>Rehearsal</i>	<i>Theory Testing</i>	<i>UIL</i>
<i>Other</i>		

SPECIAL INSTRUCTIONS:

LESSON 1

PRACTICE CHART

Lesson Day: 1 2 3 4 5 6

Total Minutes:						
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Relaxation Exercises:

Weekly Assignments:

Scales: **C** Major/**a** minor **G** Major/**e** minor **D** Major/**b** minor **A** Major/**f**[#] minor
E Major/**c**[#] minor **B** Major/**g**[#] minor **F**[#] Major/**d**[#] minor **C**[#] Major/**a**[#] minor
F Major/**d** minor **B**^b Major/**g** minor **E**^b Major / **c** minor **A**^b Major/**f** minor
D^b Major/**b**^b minor **G**^b Major/**e**^b minor **C**^b Major/**a**^b minor

Challenge Scales: (optional) **F** Major Parallel and Contrary motion; **F** Major, **C** Major, **B**^b Major and **D** Major inverted triads in arpeggiated form

1: _____

2: _____

3: _____

4: _____

5: _____

Teacher Comments:

Parent Comments:

PRACTICE CHART

LESSON 2

Lesson Day: 1 2 3 4 5 6

Total Minutes: [] [] [] [] [] []

Relaxation Exercises:

Weekly Assignments:

- Scales: C Major/a minor G Major/e minor D Major/b minor A Major/f# minor
E Major/c# minor B Major/g# minor F# Major/d# minor C# Major/a# minor
F Major/d minor Bb Major/g minor Eb Major/c minor Ab Major/f minor
Db Major/bb minor Gb Major/eb minor Cb Major/ab minor

Challenge Scales: F Major Parallel and Contrary motion; F Major, C Major, Bb Major and D Major inverted triads in arpeggiated form (optional)

1: _____
2: _____
3: _____
4: _____
5: _____

Teacher Comments: Parent Comments:

LESSON 3

PRACTICE CHART

Lesson Day: 1 2 3 4 5 6

Total Minutes:						
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Relaxation Exercises:

Weekly Assignments:

Scales: **C** Major/**a** minor **G** Major/**e** minor **D** Major/**b** minor **A** Major/**f**[#] minor
E Major/**c**[#] minor **B** Major/**g**[#] minor **F**[#] Major/**d**[#] minor **C**[#] Major/**a**[#] minor
F Major/**d** minor **B**^b Major/**g** minor **E**^b Major / **c** minor **A**^b Major/**f** minor
D^b Major/**b**^b minor **G**^b Major/**e**^b minor **C**^b Major/**a**^b minor

Challenge Scales: (optional) **F** Major Parallel and Contrary motion; **F** Major, **C** Major, **B**^b Major and **D** Major inverted triads in arpeggiated form

1: _____

2: _____

3: _____

4: _____

5: _____

<i>Teacher Comments:</i>	<i>Parent Comments:</i>
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