

One Hour Piano Practise Schedule

(Example based on 1 hour)

Practise makes permanent!

What to practise	Details	Allotted Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Technique	<p>Scales & Arpeggios; play a selection of a few hands separately, then hands together, with correct fingering and even in tempo/tone. Play different scales/exercises in each practise session.</p> <p>Hanon; Practise 1 or 2 different patterns, keeping to the notated fingering. Explore playing with the metronome.</p>	(eg; 5 mins)	✓						
Repertoire	<p>Practise sections from pieces you're currently learning that you haven't conquered yet. Repetition of hands separately in small sections, then repetition of hands together. The aim is to memorise!</p> <p>Playing from the beginning each time doesn't iron out problem areas. If you can play it correctly slowly, then the speed (if needed) will naturally increase.</p>	(eg; 30 mins)							
Sightreading	<p>Sightreading needs frequent attention. Sightread short exercises/pieces that are a few grades below your playing ability. Eg, if you're at Grade 5, sightread at around Grade 3. Tap out rhythms, identify key signatures, try to maintain a slow and consistent pulse.</p>	(eg; 10 mins)							
Play/Improv/Transcribing	<p>Play pieces you already know and enjoy performing; after all, this is why we practise!</p> <p>Explore the piano, not thinking too much about theory and play around with sound – Remember I have several lessons on interesting/simple Piano improv to help you experiment!</p> <p>Pick a song to listen to and try to identify how many beats are in a bar, then pick out the melody and bass, trying to play it to improve listening skills.</p>	(eg; 15 mins)							

Tips for Practising

Although having a lesson once a week with a teacher is an effective way to learn how to play an instrument, the majority of your progress comes from **you** with what you do *between* those lessons. Below are some tips for getting the most out of your Piano practise, making it more effective, efficient, and enjoyable:

1. Finding the time to actually practise!

Most people lead pretty busy lives, and consequently it's easy to make the mistake of not prioritising piano practise, or making it a secondary priority relative to other tasks / activities. We all go through periods when we struggle to find time to practise, but once you begin to really enjoy playing, practise time becomes something to look forward to. Try to allocate a certain time each day when practise is part of your routine. If you're a morning person, this could be just 15-30 mins before school or work.

2. Keep your Keyboard / Piano set up where you can see it.

This only really applies to those who have electric keyboards / Pianos. Setting the keyboard up in a back room you rarely go into, or putting the keyboard away in a cupboard with the intention of getting around to practise one day soon is not the way to encourage the habit of practise. Instead set the keyboard up in a prominent position, where it is easily accessible and where the mere sight of it will serve as a reminder to practise. Make a feature of it and display it proudly! Remember; *out of sight, out of mind*.

3. Don't practise for too long.

At beginner level, little and often is key. Sitting at the Piano for hours on end can encourage frustration and even resentment of the Piano! Twenty - forty minutes per day is ample amount.

4. Engage full concentration.

This is a fundamental rule for practising. If your Piano practise doesn't demand large reserves of concentration, then you're not practising properly. Turn off your TV, radio, mobile phone and computer. Five minutes of concentrated practise is much more efficient than five hours of moving your fingers with a wandering mind. The mind must be active at all times; it is first and foremost the mind that must play the piano.

5. Concentrate on one part at a time.

The brain absorbs musical information much more readily when it is not overwhelmed by quantity. Each practise session, just concentrate on one passage or problem area and practise it slowly, carefully and thoroughly. This is a far more efficient way to practise in the long run. Discipline yourself to complete a practise goal before moving on to the next. This will save ample time by completing your day's goals on one piece before studying another, rather than fleeting back and forth between them.

6. Stick to the noted fingering.

We write finger numbers on scores to aid with learning the piece properly so that it becomes a habit. Good habits such as suitable fingering will aid fluent playing and is especially important if there are tricky, complicated passages.