
LESSON 1: CHECKLIST

General points for the week:

The following points are the *least you need to know* from today's lesson. Whether you get this week's piece to 60% competency or 90% is less important than if you know your finger numbers and where the letters go on the piano. When you're comfortable with these concepts, you can move on to week 2.

- ☐ Understands correct posture at the piano
- ☐ Knows the finger numbers easily on both hands
- ☐ Understands the concept of which letters belong to which piano keys, and can quickly find any letter

Daily checklist:

Day 1

Lesson:

- ☐ Watch the video lessons for the week and download all materials, printing them and putting them in a class binder, if desired.

Total time: approx. 30 minutes

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 10 minutes practicing line 1 of the piece, playing the pattern until it's memorized and you can easily find the notes. Don't refer to the sheet music yet – letters only.
- ☐ Spend 5 minutes trying the first sight-reading exercise. Don't worry about the notated rhythm; see if you're able to "hear" what the tune is supposed to sound like. At the end of 5 minutes, finish your work – avoid the temptation to keep hammering on it.

Total time: 20 minutes

Day 2

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 5 minutes practicing line 2 of the piece, playing the pattern until it's memorized and you can easily find the notes. Don't refer to the sheet music yet – letters only.
- ☐ Spend 5 minutes reviewing the first line from yesterday.

- ☐ Spend a final 5 minutes with your piece playing lines 1 and 2, paying attention to beauty and sound.
- ☐ Spend 5 minutes trying the second sight-reading exercise. At the end of 5 minutes, put it away.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 3

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 10 minutes reviewing line 1+2 of the piece. Do each line separately, and both lines together.
- ☐ Spend 5 minutes reviewing the first line from yesterday, paying attention to beauty.
- ☐ Spend 5 minutes trying the third sight-reading exercise. At the end of 5 minutes, put it away.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 4

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 10 minutes practicing line 3 of the piece, playing the pattern until it's memorized and you can easily find the notes.
- ☐ Spend 5 minutes reviewing lines 1+2 of the piece.
- ☐ Spend 5 minutes trying the fourth sight-reading exercise. At the end of 5 minutes, put it away.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 5

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 10 minutes reviewing the entire piece, top to bottom.
- ☐ Spend 5 minutes referencing the notation version of this piece, and attempt to follow along.
- ☐ Spend 5 minutes trying the fifth sight-reading exercise. At the end of 5 minutes, put it away.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 6

Session 1:

- ☐ Spend 3-5 minutes finding each letter name on the piano. Find all A's, all B's, all C's, and so on.
- ☐ Spend 5 minutes reviewing your piece to make sure you're able to play it in full.
- ☐ Spend 15 minutes making an audio or video recording of your piece.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Method book:

- If working through **Piano Adventures for Adults**, you can work through all of Unit 1.
- If working through **Alfred's for Adults**, you can play up to "Aura Lee", right before the introduction to the Grand Staff.