
LESSON 1 CHECKLIST

General points for the week:

The following points are the *least you need to know* from this week's lesson. When you're comfortable with these concepts, you can move on to lesson 2.

- ☐ Review: Key of C
- ☐ Review: Articulation
- ☐ Review: A variety of intervals
- ☐ Technique: C major contrary motion scale
- ☐ Weekly sight reading
- ☐ Ear training: Ascending/descending major and minor thirds

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. Select your piece.

Total time: approx. 30 minutes

Session 1:

- ☐ Spend 5 minutes on the first sight-reading exercise.
- ☐ Spend 5 minutes working on ear training (I recommend listening through the piece you'll be learning several times).
- ☐ Spend 15 minutes working through a small segment of the piece you've chosen.
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 30 minutes

Day 2

Session 1:

- ☐ Spend 5 minutes on the second sight-reading exercise.
- ☐ Spend 15 minutes practicing the next session of your piece and do a quick review of the previously-learned part from yesterday.
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2: (optional)

- ☐ Spend 20 minutes working through Energico from Piano Adventures 3b.

Total time: 20 minutes

Day 3

Session 1:

- ☐ Spend 5 minutes on the third sight-reading exercise.
- ☐ Spend 5 minutes working on ear training (use Teoria on the web, or an app of your choice).
- ☐ Spend 15 minutes practicing the next session of your piece and do a quick review of the previously-learned part from yesterday. You should be at least half-way through your piece by now (at a very slow tempo).
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 30 minutes

Session 2: (optional)

- ☐ Spend 20 minutes working through Energico from Piano Adventures 3b.

Total time: 20 minutes

Day 4

Session 1:

- ☐ Spend 5 minutes on the fourth sight-reading exercise.
- ☐ Spend 15 minutes practicing the next session of your piece and do a quick review of the previously-learned part from yesterday.
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2: (optional)

- ☐ Spend 15 minutes working through Energico from Piano Adventures 3b.

Total time: 15 minutes

Day 5

Session 1:

- ☐ Spend 5 minutes on the fifth sight-reading exercise.
- ☐ Spend 5 minutes working on ear training (use Teoria on the web, or an app of your choice).

- ☐ Spend 15 minutes practicing your piece: ideally, you will have reached the end by now. Continue practicing the piece mostly in smaller segments, along with a few full play-throughs.
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 30 minutes

Session 2: (optional)

- ☐ Spend 15 minutes working through Energico from Piano Adventures 3b.

Total time: 15 minutes

Day 6

Session 1:

- ☐ Spend 20 minutes playing your Bartok piece, aiming for rhythmic accuracy and evenness. Isolate any sections you stumble on and drill the area for around 2 minutes. Note expressive details (something you've hopefully been doing all week) and try to execute them in your performance.
- ☐ Spend 10 minutes reviewing Energico for performance. (*optional*)
- ☐ Spend 5 minutes practicing the technique exercise.

Total time: 35 minutes

Session 2:

- ☐ **Recording session:** Spend 20 minutes recording your piece(s) for the week.

Total time: 20 minutes