
WEEK 1: CHECKLIST

General points for the week:

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

- ☐ Understands what the major, minor and diminished triads sound like
- ☐ Understands what a tenuto is, and can execute alongside slurs and staccatos
- ☐ Knows basic points on the *scherzo* dance form

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 5 minutes on the first sight-reading exercise.
- ☐ Spend 5 minutes marking in the form of the piece and labeling the triads in line 3 and 4.
- ☐ Spend 10 minutes attempting lines 1 and 2 slowly, noting all articulation details (slur, staccato and tenuto). Accuracy, not speed, is what is important.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Day 2

Session 1:

- ☐ Spend 5 minutes on the second sight-reading exercise.
- ☐ Spend 10 minutes practicing line 3 of the piece, noting each spot the hands move. As with yesterday, attend to all details *slowly*.
- ☐ Spend 5 minutes reviewing the first two lines from yesterday.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 3

Session 1:

- ☐ Spend 5 minutes on the third sight-reading exercise.
- ☐ Spend 10 minutes practicing line 4 of the piece, noticing all sections the hands shift positions.
- ☐ Spend 5 minutes reviewing lines 1-3.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 4

Session 1:

- ☐ Spend 5 minutes on the fourth sight-reading exercise.
- ☐ Spend 15 minutes playing through the entire piece, attempting it with a metronome at the *slowest necessary tempo* to play it easily and accurately. Note down what tempo this is, as you'll be aiming to increase it in coming days. Don't lose sight of articulation details.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 5

Session 1:

- ☐ Spend 5 minutes on the fifth sight-reading exercise.
- ☐ Spend 15 minutes practicing the entire piece. Start with the metronome tempo you played with yesterday and aim to increase the speed 5-10 beats per minute today. You'll go through this process for the next week or so until the piece is between 120-140bpm.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Day 6

Session 1:

- ☐ Spend 5 minutes on the fifth sight-reading exercise.
- ☐ Spend 15 minutes making an audio or video recording of your piece.
- ☐ Spend 3-5 minutes practicing the technique exercise.

Total time: 25 minutes

Session 2 (optional):

- ☐ **Method**

Method book:

- If working through **Piano Adventures for Adults Book 2**, you can work through all of Unit 1.
- If working through **Alfred's for Adults Book 2**, you can play "Down in the Valley" and "Tumbalalaika".