

Piano Practice Checklist (Primary – Level 3+)

Use this checklist to guide daily practice. Focus on relaxed playing, small steps, and consistency. Quality matters more than speed.

Always Start With These Basics

- Check your body: shoulders relaxed and down
- Arms form a comfortable 90° angle
- Elbows feel loose and free
- Wrists stay flexible and mobile
- If you feel tense or overwhelmed, pause and reset

Practice Smart

- Don't try to learn the whole piece at once
- Work in small sections (measure by measure)
- Focus on accuracy and comfort first

Hands Strategy

- Right hand alone (melody first)
- Left hand alone (know what it's doing)
- Hands together only after each hand feels comfortable
- Work slowly and consistently

Ages 4–7 (Primary Level)

Practice Time: 5–10 minutes per day (about 1 hour/week + lesson)

Suggested Time Breakdown

- 1–2 min: Body check & relaxation (shoulders, arms, wrists)
- 1–2 min: Warm-up – C Major scale
- 3–4 min: Lesson piece (1–2 measures at a time)
- 1–2 min: Fun song / play-along 🎵

Checklist

- Warm-up: C Major scale (hands separately or together, as taught)
- Play a song you already know for fun
- Practice what you worked on in your last lesson
- Listen to a song on a speaker and try playing along

Ages 8–11 (Level 1–2)

Practice Time: 10–20 minutes per day (about 1.5 hours/week + lesson)

Suggested Time Breakdown

- 2–3 min: Body check & relaxation
- 2–3 min: Scale warm-ups (C, G, or F Major)
- 4–7 min: Review 1–2 familiar pieces
- 5–8 min: New lesson piece (hands separate → together)

Checklist

- Warm-ups: C, G, or F Major scales
- Review 1–2 songs you already know
- Practice the new piece from your last lesson
- Aim to come to your next lesson able to play last week's piece
- Choose a song in C, F, or G Major from Emma's playlists
- Try playing along using chords

Ages 12+ (Level 3+)

Practice Time: 30–45 minutes per day (2.5+ hours/week)

Suggested Time Breakdown

- 1–2 min: Body check & technical reset
- 3–8 min: Scales (major/minor related to pieces)
- 5–8 min: Chords & harmony work
- 5–10 min: Review familiar repertoire (2 pieces)
- 13–20 min: Current lesson piece + previous week's piece

Checklist

- Warm-ups: Major or minor scales related to your pieces
- Practice chords that match your scales, use Emma's playlists for guidance
- Review 2 familiar pieces
- Practice the piece you just started this week
- Practice the piece from last week
- Break difficult sections into small, manageable parts
- Assemble sections gradually into the full piece

Consistent, structured practice leads to progress. Small steps every day build strong, confident pianists!