First Lesson Plan: Twelve Year Old Beginner

Focus	Activity	Time Est.
Navigating /patterns	**Black Key Improv:** Student improvises while the teacher plays simple accompaniment such as 'World Piece' from Forrest Kinney's Pattern Play. As you progress ask the student to play two/three black key groups, louder/softer, faster/slower.	2 min
Keeping the Beat	**Clapping & tapping:** Put on a backing track and start the student off with a clapping pattern. You can vary and advance the clapping pattern as you go. Observe whether they stay perfectly on the beat or if they need to watch you very carefully to do so.	3 min
Aural	**Play-backs:** Play something on a group of three black keys and ask the student to play it back. To make this easier allow them to watch. To make it more difficult ask them to look away while you play. When they're accustomed to the format reverse the roles so they can create patterns too. **Call & Response:** Play something on the black keys and ask the student to reply with their own pattern. Notice whether they naturally gravitate to the tonic.	8 min
Singing	**Solfa:** Sight sing solfa patterns, asking the student to join in with you and the piano. Phase out your own singing if you think they can manage alone.	5 min
Finger Dexterity	**Zechariah Zebra:** Play the complete piece (with accompaniment). Discuss how you are using your arms, your hand shape and fingertips. Play again so the student can observe more closely. Teach the student the exercise and play along with them.	10 min
Rhythmic Awareness	**Clap-back/Drum-back:** Clap or play a rhythm on a drum. Ask the student to repeat it back to you, increasing or decreasing the difficulty as necessary.	2 min
Navigating/patterns	**Rote Piece:** Teach the student a rote piece that might be appropriate, based on how well they are navigating the keyboard so far. This could be 'Hot Cross Buns' on the black keys, or a piece from 'Piano Safari' or 'Repertoire by Rote'.	5 min
Navigating/patterns	**Chord Progression:** Teach the student a rote chord progression including the pedal. You may have to play one hand for the student at the first lesson.	10 min