



Stage 1

$\frac{4}{4}$  
C major

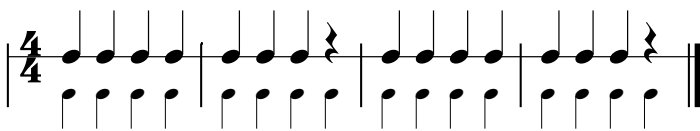
Rhythmic exercises

Always vary the way you do the rhythmic exercises. Here are a few ideas:

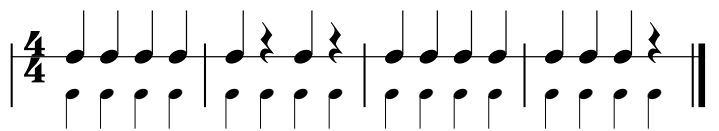
- Tap the pulse with your right foot (sometimes use your left foot!) and clap the rhythm.
- Tap the pulse with one hand and the rhythm with the other (swap hands!).
- Tap the pulse with your foot and play the rhythm on a note (either hand).
- Tap the pulse with your foot and make up a tune to fit the rhythm.

Before you begin each exercise count two bars in; the first out loud and the second silently.

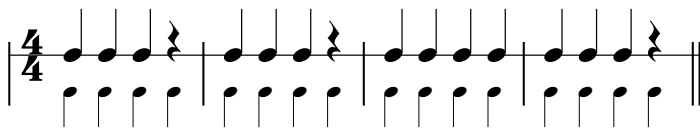
1



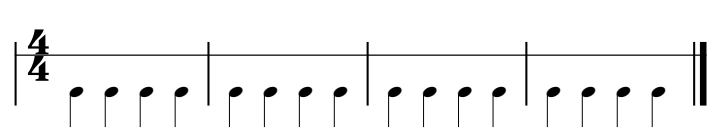
2



3

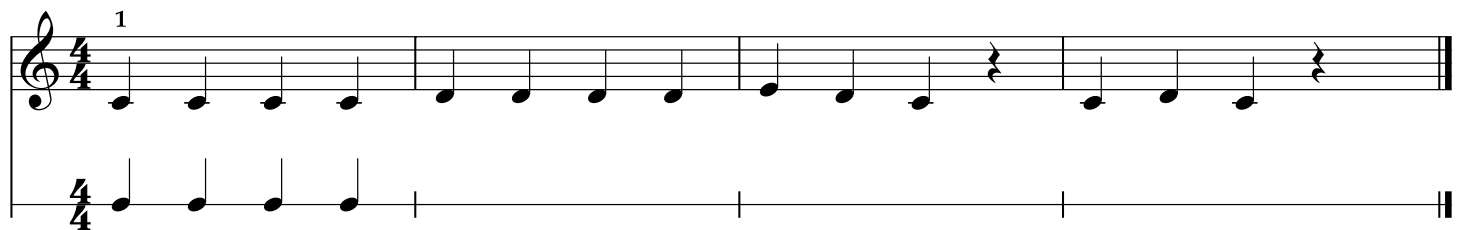
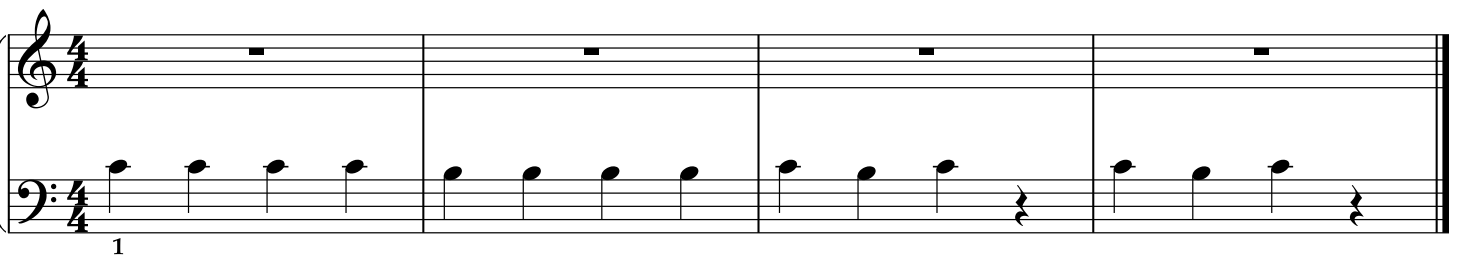
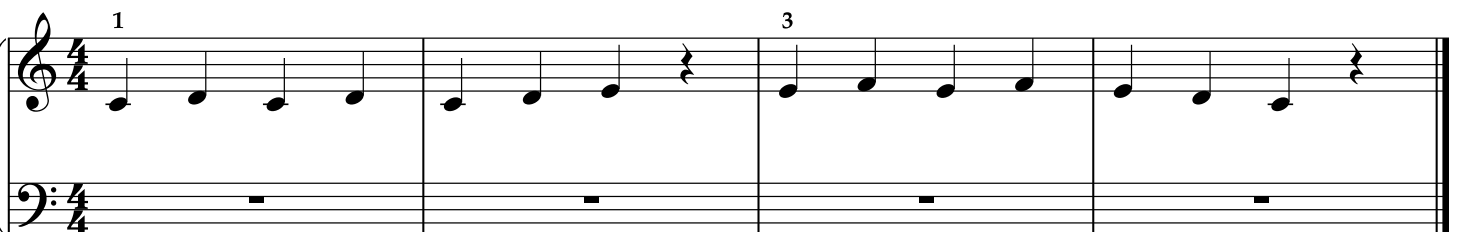


4 Now write your own exercise and then clap it.



Melodic exercises

Before playing this first melodic exercise, write down the rhythm on the line underneath. The first bar is done for you. Then clap it.

1
2
3


Prepared pieces

- 1 What is the key of this piece? Play the scale (or microscale) in both hands.
- 2 What is a tie? Can you find any here?
- 3 What will you count? Tap the rhythm of the piece. Now hear the rhythm in your head.
- 4 Can you spot any repeated patterns – rhythmic or melodic?
- 5 How will you put character into this music?
- 6 Try to hear the music in your head before you begin.

1

Adagio

- 1 What is the key of this piece? Play the scale (or microscale) in both hands.
- 2 Look for the highest and lowest notes and check your fingering.
- 3 What will you count? Tap the rhythm of the piece. Now hear the rhythm in your head.
- 4 What particular pattern do you see in bars 1 and 2?
- 5 How will you put character into this piece?
- 6 Try to hear the music in your head before you begin.

2

Like a lullaby

Stage 9

Longer
exercises

Rhythmic exercises

1

2

3

Melodic exercises

Make up your own tempo marking for each of the next nine pieces.
For example, Cheerfully, Sadly, Gracefully or Grumpily! Play it through
first, thinking about the character. Then decide on its marking.

1

2

3