

PRACTICE TABLE

<i>Practice per day (mins)</i>	<i>Days per week practised</i>	<i>Hours per week (HRS, MINS)</i>	<i>Hours per month</i>	<i>Hours per year (11 months)</i>
10	3	1/2 hr	2 hrs	22 hrs
10	5	50 mins	3 hrs 20 mins	36 hrs 40 mins
10	7	1 hr 10 mins	4 hrs 40 mins	51 hrs 20 mins
15	3	45 mins	3 hrs	33 hrs
15	5	1 hr 15 mins	5 hrs	55 hrs
15	7	1 hr 45 mins	7 hrs	77 hrs
20	3	1 hr	4 hrs	44 hrs
20	5	1 hr 40 mins	6 hrs 40 mins	73 hrs 20 mins
20	7	2 hrs 20 mins	9 hrs 20 mins	102 hrs 40 mins
30	3	1 hr 30 mins	6 hrs	66 hrs
30	5	2 hrs 30 mins	10 hrs	110 hrs
30	7	3 hrs 30 mins	14 hrs	154 hrs

What is practice?

Do you know the difference between when your child **practises** and when he or she is **playing**? Look at the Music Journal: what instructions and targets have been given? Are they being followed? Ask what is meant to be achieved and ask how your child is faring; ask how they think they can improve; get them to consider what questions to ask Moira or Becky next lesson. **Remember: the lesson is for an intensive learning session, not practising!**

If a pupil uses the lessons for practising and has a half hour lesson a week, that adds up to 19 hours of practise a year. Not much if you want to enjoy the piano, progress, and play the pieces you want to.

Compare a pupil working on 10min. a day, three times a week, with one working 20min. a day for 5 days a week – that’s an **extra 51 hours** of practice a year! That’s the difference between staying on Book 2, say, and progressing to Books 3 and 4!

There’s not much difference in an extra 10 minutes work when you actually settle down to practise – a half hour goes really quickly, which means if you keep that up five days a week you’re learning time has gone from 36 hours to **110 hours!** Quite a leap for that little bit of extra effort!!

What is important is that first 10 minutes. Forming a regular and disciplined pattern to practise time is a **critical**

stage in teaching your child **to concentrate and to focus.** Gradually, with persistence and parental encouragement, the child will increasingly be able to self-discipline and settle down to work – which becomes such an **important skill in life.** In an age of immediate distraction, such a virtue is at a high premium in the workplace, never mind in relationships and in living life!

So **help your child** get down to some regular practice! Mornings often prove the best. If you think, ah, but our mornings are chaotic, ask yourself, why are they? Nothing should get in the way of you helping to teach your child these important life skills – the rewards will be evident later on in life, and you’ll get to hear some lovely music as well!