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Good Practice

Learning music is life skill that helps the development of the student in a number of ways. Musicianship, logic and creativity are but a few of these benefits. Dedication is a first step in acquiring these attributes. If a student does not engage in regular private practise at home then the sense of frustration will grow as progress between lessons will be limited.

Practice; what to do and how to help?

Your child's instrumental or vocal teacher will provide material to practise every week. This will be age and skill appropriate. You should encourage them to engage with this material often.

- Regular short practise is better than one long practise once a week.
- Break it (the music) down and slow it down.
- Repetition is extremely important; it creates *muscle memory* (an instinctive response to the brain's electrical signal). Also, you are more likely to remember something that you repeat often.
- Practise should be structured; a student should try to have a set amount of practice time allocated towards scales, a set amount towards a piece of music and, of course, time for enjoyment.
- Families can assist at home by helping to establish a routine – a set time of the day for practising e.g. whilst the family meal is being prepared.
- Families can also help by asking the student to share a few seconds of what they have been working on at the end of the chosen time.

Practical Music Exams: Recommended Practice Time

Practical Level	Practise (minimum)
Grade 1	20 minutes a day
Grade 2	25 minutes a day
Grade 3	35 minutes a day
Grade 4	45 minutes a day
Grade 5	55 minutes a day
Grade 6	65 minutes a day
Grade 7	75 minutes a day
Grade 8	85 minutes a day

The above is intended as a guide only. Remember, any skill takes time to develop, practise to nurture and a lifetime to perfect!