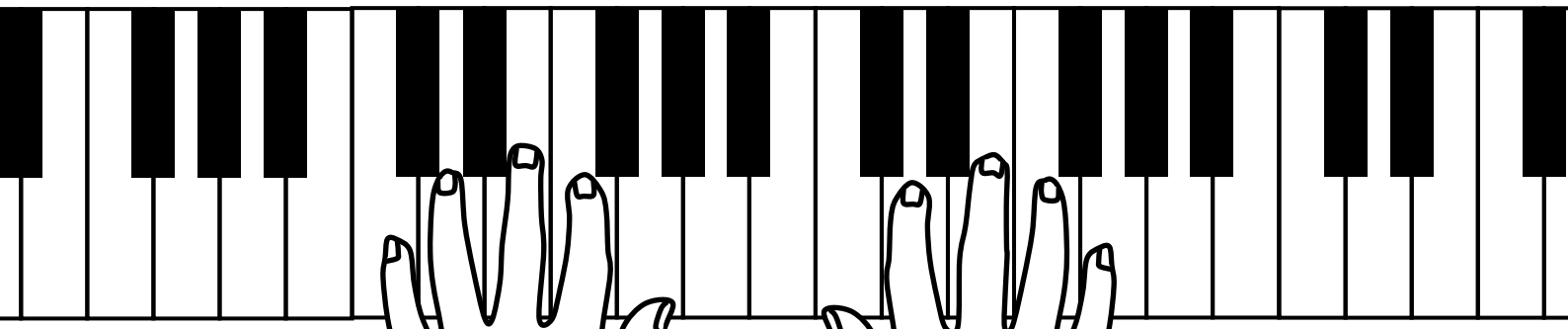
NMPAT

Northamptonshire Music and Performing Arts Trust

My Beginner Keyboard Book



Inspire · Nurture · Excel

This book belongs to_____

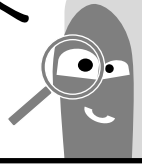
www.NMPAT.co.uk

NMPAT

Welcome to the Keyboard and Piano Team!

Here's what you need to do to be BRILLIANT...

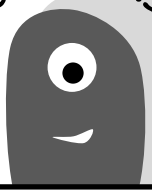
focus



To **'focus'** means you are choosing to pay attention to what is going on around you by listening and watching your teacher, and modelling good behaviour to others.

To be present at all times!

enthusiasm



'Enthusiasm' is an infectious quality! You are being enthusiastic when you show an active interest in what you are doing, helping others to enjoy the experience too.

Look for the positive in every situation!

perseverance



You show **'perseverance'** when you keep going until you've got the job done, even if it is challenging and hard work to do.

Keep going even when the going gets tough!

nurture



To **'nurture'** is to look after people and things to make sure they are safe and happy.

It is important to look after yourself as well as others.

Show care and attention to others.

excel



No one can do better than their personal best! If you are trying your hardest, and doing your best then you are a success.

Make sure you **excel** at being you!

Try your hardest, do your best

Check out www.NMPAT.co.uk/resources for more cool stuff

Your teacher's name is _____

I can be contacted by email_____@nmpat.co.uk

Your lessons will normally be in school on _____



Please view our welcome video:

www.nmpat.co.uk/lessons



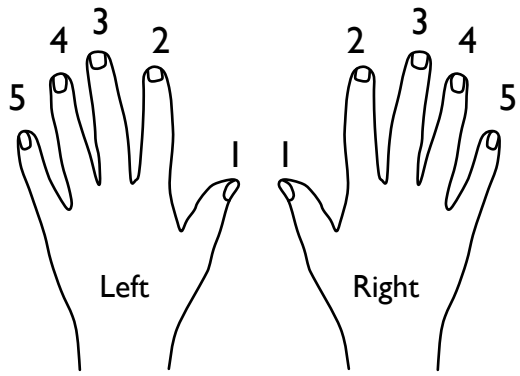
Remember to bring to every lesson

1. **This book**
2. **Your NMPAT practice diary**

To become a good player you will need to play at home as well as in the lesson. Ask your family to help you with this.

Look at your practice diary to see what you need to do each week.

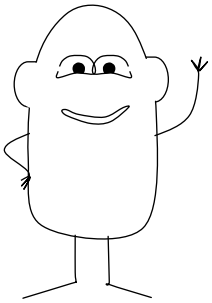
Wiggle your fingers



Wave your right hand in the air

Can you wiggle your thumb?	This is number 1
Can you wiggle your index finger?	This is number 2
Can you wiggle your middle finger?	This is number 3
Can you wiggle your ring finger?	This is number 4
Can you wiggle your little finger?	This is number 5

Now do the same with your left hand



Yummy Technique Tip!



Do you eat **cookies** and **chocolate spread** in your house?

Do you have **chocolate chips** (or maybe mini smarties, M&M's or raisins) in the kitchen cupboard?

If you do, you can practise your piano hand shape at snack time!

You will need:

- 2 cookies
- Chocolate spread
- A spreading knife
- Chocolate chips - or something else small and yummy

Preparation:

- Wash your hands thoroughly
- Spread a generous layer of chocolate spread on each cookie
- Place 5 choc chips in a line across the middle of the cookie, don't press them in yet!

…now your ready to practise your hand shape:

How to :

- Place each cookie on the table in front of you.
- Put your left hand over the top of one cookie and gently press each chocolate chip into the spread, using each finger 1,2,3,4,5. Press those chips in gently using only your finger tips (for thumbs use the side corner), and lift each finger up and away once each chip is pressed into the spread.

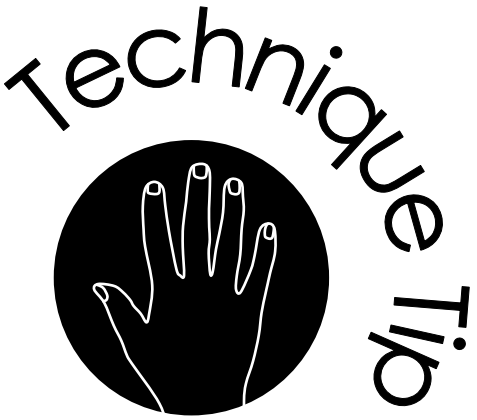
If you pressed gently with your finger tips only (not flat fingers like you're making a finger print) You should have NO spread on your fingers! Do the same with your right hand.

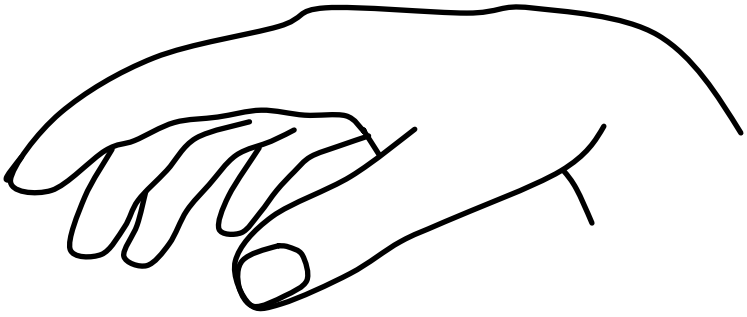


Now you can lick your fingers and eat your cookies!

Technique Tip!

Raise your hand above your head and let the fingers hang down, your hand is a parachute, gently floating down to earth.

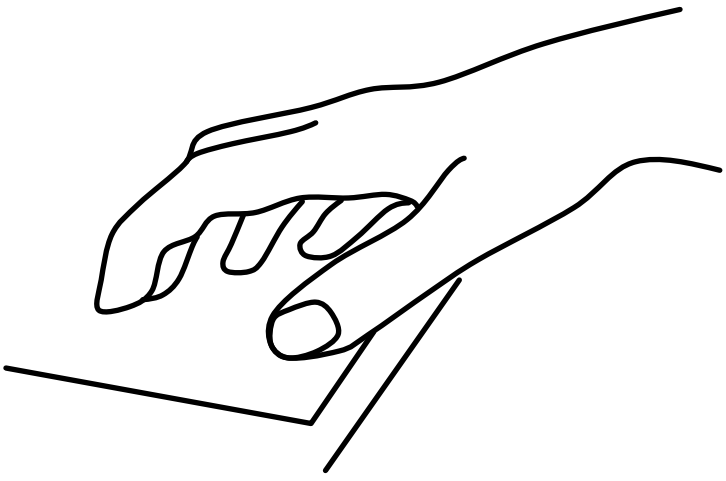


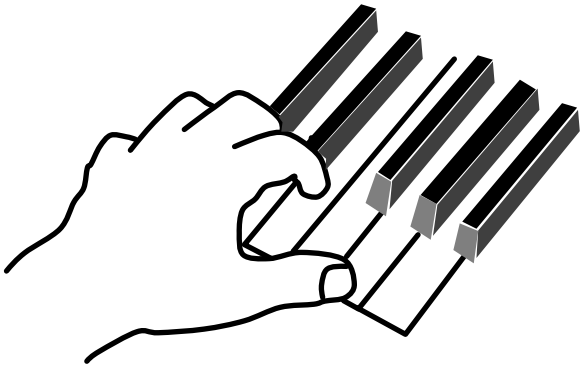


When your hand gets near to the table top, your fingers are going to be the parachutists' legs - they have super-modern parachutes that let them land lightly on their feet and walk away.

Your fingers are going to land lightly too, and stay where they are on the table. Is there enough room under your hand for a little mouse to hide there?

Are your fingers standing on their finger tips (not lying down on their sun loungers)? They need to be a curvy shape, like you're holding an apple in the palm of your hand.

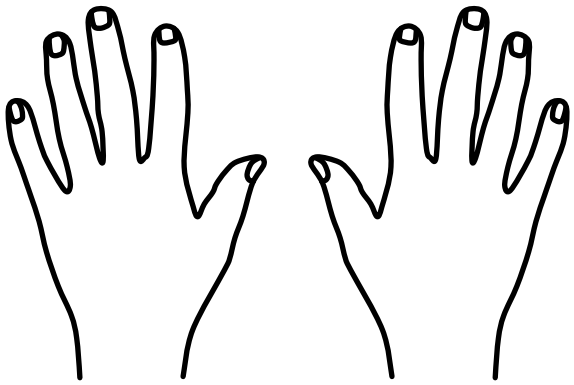




Warm ups

At the start of each lesson and each time you practise at home use one of these warm ups.





Try each hand and then both hands together.

Exercise 1.

1 1 1 1 1 →
2 2 2 2 2 →
3 3 3 3 3 →
4 4 4 4 4 →
5 5 5 5 5 →

Exercise 2.

1 2
1 2 3
1 2 3 4
1 2 3 4 5

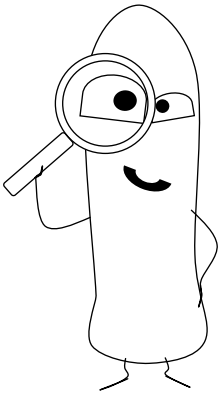
Exercise 3.

1 2 3 4 5 4 3 2 1

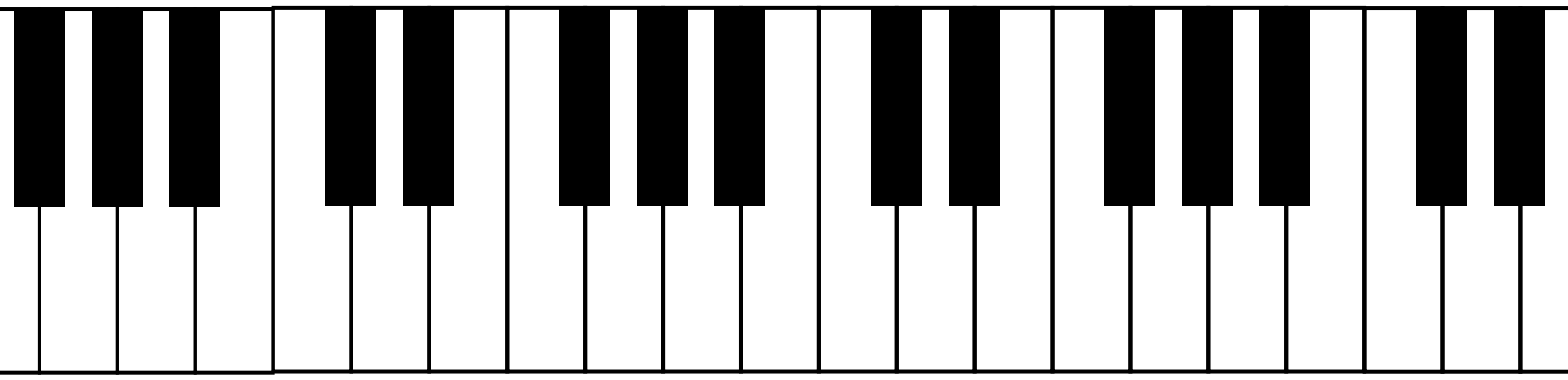
C Major Scale

1 2 3 thumb under 1 2 3 4 5

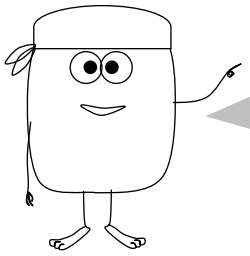
5 4 3 2 1 over thumb 3 2 1



Introducing the black keys!



1. Find all the groups of 2 black keys.



Can you make up your own pattern using 2 black keys?

2. Now find the groups of 3 black keys.

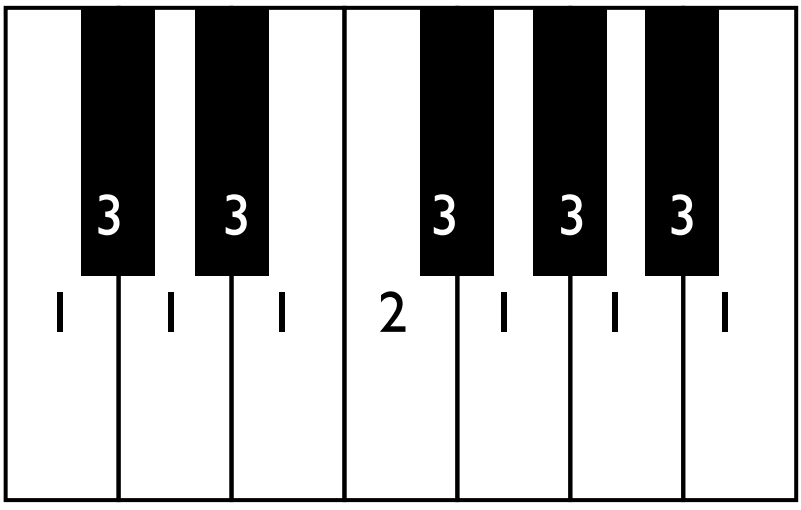
Make up another pattern…
…don't forget to use each hand.



Technical Challenge



the chromatic scale



Thumb plays white keys

Finger 3 plays black keys

Finger 2 fills up the gaps

Let's make some music !



Choose any black keys to play these foodie rhythms, then make up some of your own…

Rice and peas

Onion bhaji

Chicken chow mein

Pepperoni pizza

Cauliflower cheese

Double chocolate ice cream sundae

My own Rhythms



_____

_____

_____

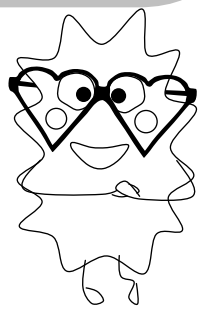
_____

Making music ...with bugs!

Let's develop a way to play this grid.

Now try writing a tune of your own.



My tune: _____

Listening games



Here are some games you can try in your lesson and at home.







Copy Cat

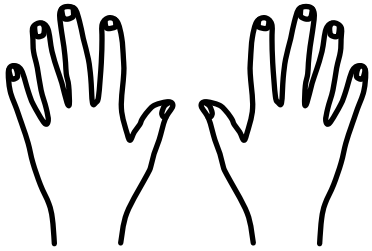
- Listen to a short rhythm that I clap and clap it back to me
- Listen to a phrase that I play and sing it back to me
- Listen to a phrase that I play and play it back to me
  (it will start on middle C)

Question and answer

- Listen to a phrase I play, then clap a different phrase back to me
- Listen to phrase I play, then play a different phrase back to me

Pick a pattern

- Make up a short phrase using a group of 3 black keys
- Now try a different pattern using 3 black keys
- Can you play each pattern one after the other?
- Now try the same using your other hand



Meet the beats!



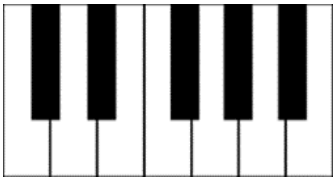
= One beat _ _ _ _ _ _ _ _



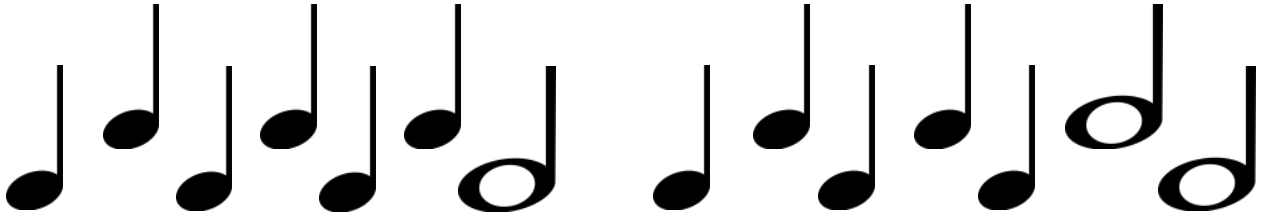
= Two beats _ _ _ _ _

Right hand

2 3

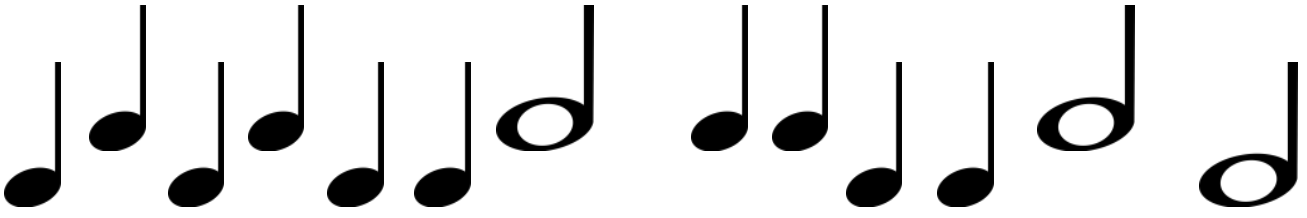


Two Beat March



2 3 2 3 2 3 2 2 3 2 3 2 3 2

Step It Up



2 3 2 3 2 2 3 3 3 2 2 3 2

Your turn! Make up a tune that fits this pattern:



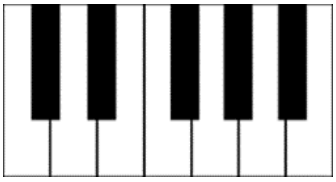
_ _ _ _ _ _ _ _ _ _ _ _ _

Here's a new note...

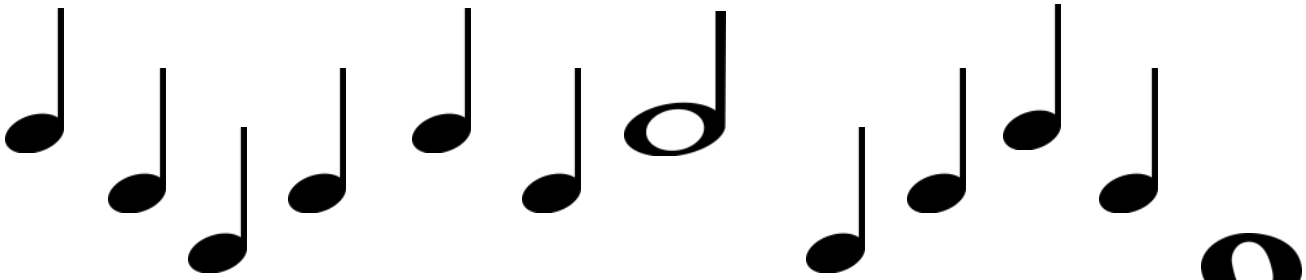
 = **4 beats** _ _ _ _ _ _ _ _

Right Hand

1 2 3

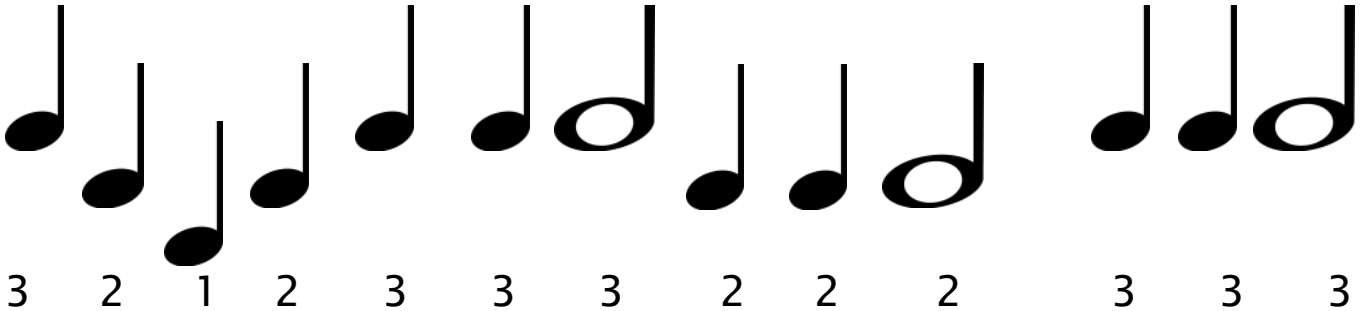


Marching Song



3 2 1 2 3 2 3 1 2 3 2 1

Mary had a Little Lamb



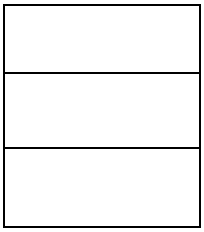
3 2 1 2 3 3 3 2 2 2 3 3 3



3 2 1 2 3 3 3 3 2 2 3 2 1

Feel the Rhythm!

Note bank:



Semibreve	4 beats
Minim	2 beats
Crotchet	1 beat

Fill in each line of the grid with notes that add up to 4 beats in total.

How many ways can you play them?



Puzzle page

Test your knowledge… Complete the missing boxes:

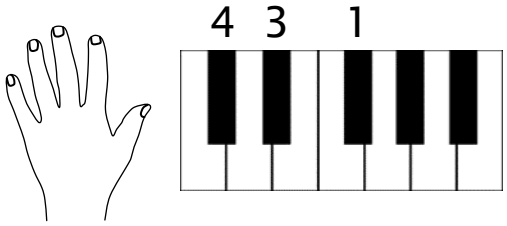
	crotchet	
		two beats
		

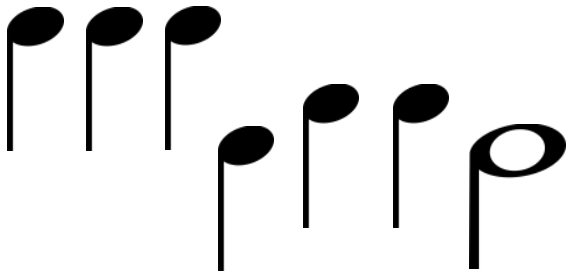
Musical maths!

	+		=	
	+		=	
	+		=	
	-		=	
	-		=	

Time for two hands

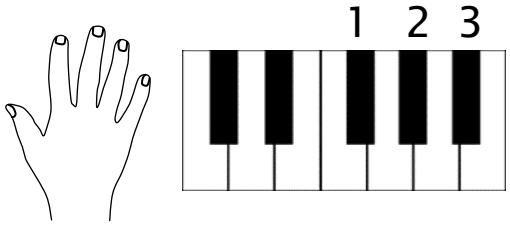
Left hand





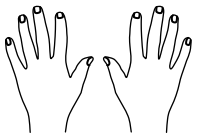
1 1 1 4 3 3 4

Right hand

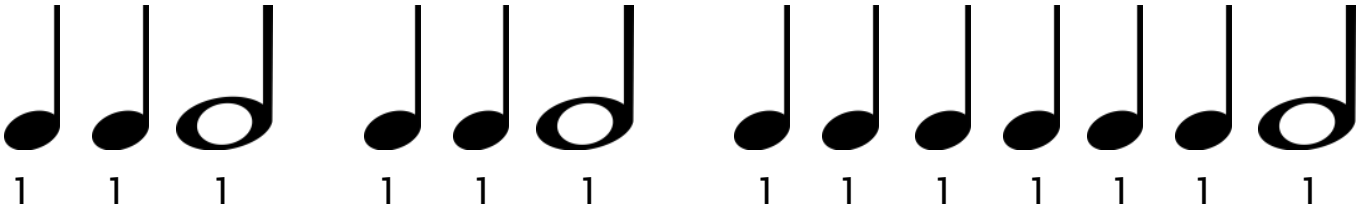




3 3 2 2 1



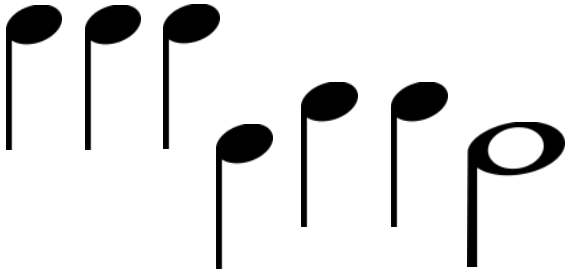
Both hands together



1 1 1 1 1 1 1 1 1 1 1 1 1



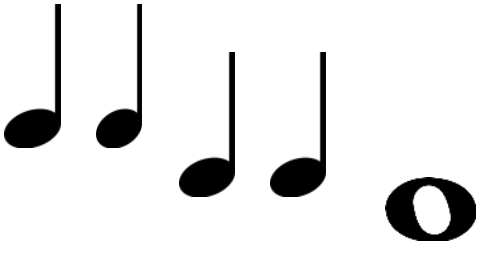
Left hand



1 1 1 4 3 3 4



Right hand



3 3 2 2 1

Did you recognize the tune? Write the title at the top of the page...

NMPAT

Northamptonshire Music and Performing Arts Trust

Inspire • Nurture • Excel











NMPAT Saturday Centres

Open the door to NMPAT and find
connection, creativity and opportunity

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