

Best Practice for...Practice!

## **Intermediate - Grade 3 - 5**

### **Well done for getting this far!**

Now there is no way you made it all this way without doing some practice but we thought we could give you a few extra tips to help you push on through!

### **Warm up!**

Always warm up. Warming up is good for both your body and your mind. Sometimes it is difficult to concentrate especially if you have lots of other commitments. A warm up (scales, exercises, studies) is a great way to get your head in the game and your fingers or voice all warmed up and ready to go. Once your body is warmed up and your mind has had a little time to focus on the task at hand you are ready to go!

### **Habit!**

Practice has got to become a habit. By now you are probably pretty good at getting yourself to sit down and do a little work but your life will be a lot easier if you don't have to think twice about practicing during the week. Regular 20 -35 practice sessions are all you need to keep on top of your music. If you don't do regular sessions then practice can feel like 1 step forward 2 steps back which is frustrating and no fun - so keep it regular!

### **Have your favourite pieces ready!**

Have your favourite pieces ready to go at all times! It can be easy to forget that learning music is wonderful fun and creative when you are trying to get through all your different music exams so having something you love to sing or play or really want to learn there and ready waiting at the end of your practice session can be good motivation to get through the technical work - just remember, all that technical work means more and more pieces will be great fun to play!