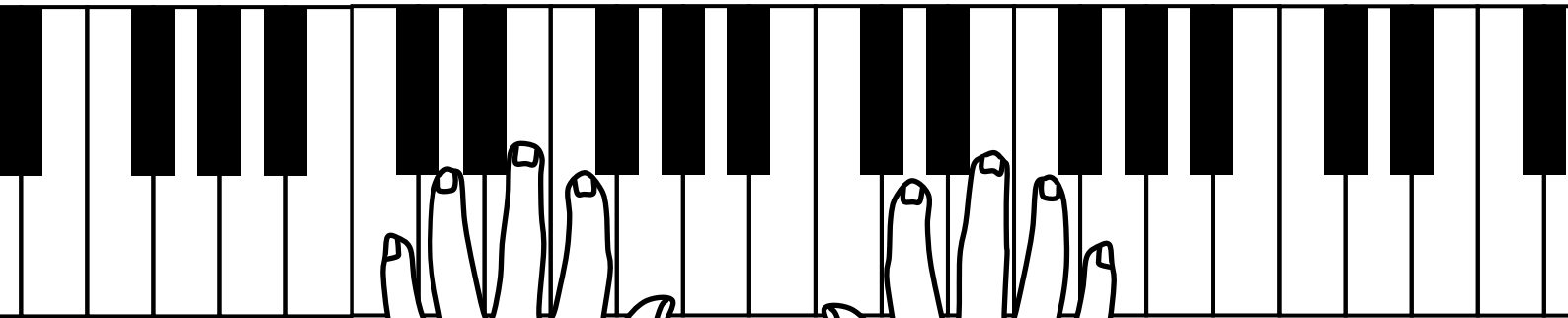


# NMPAT

Northamptonshire Music and Performing Arts Trust

## My Beginner



## Keyboard Book

Inspire · Nurture · Excel

This book belongs to \_\_\_\_\_

[www.NMPAT.co.uk](http://www.NMPAT.co.uk)

## Welcome to the Keyboard and Piano Team!

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

focus



To be present at all times!

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.

enthusiasm



Look for the positive in every situation!

'**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.

perseverance



Keep going even when the going gets tough!

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

nurture



Show care and attention to others.

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.

excel



Try your hardest, do your best

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!

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](http://www.nmpat.co.uk/lessons)



**Remember to bring to every lesson**

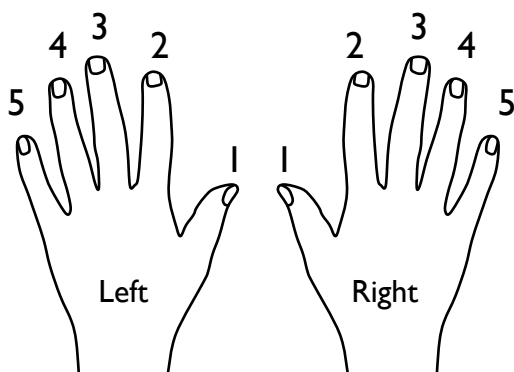
**1. This book**

**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.

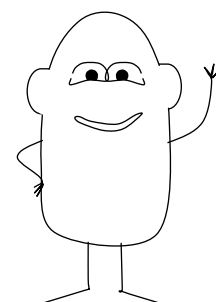
## Wiggle your fingers



**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.

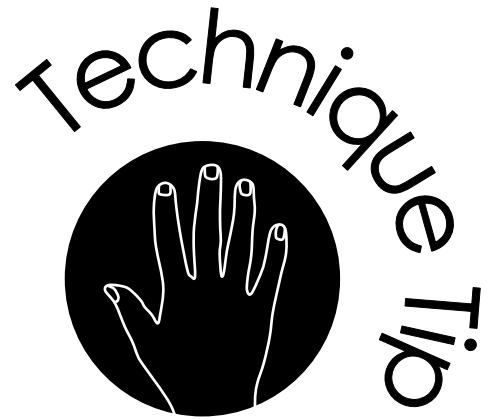
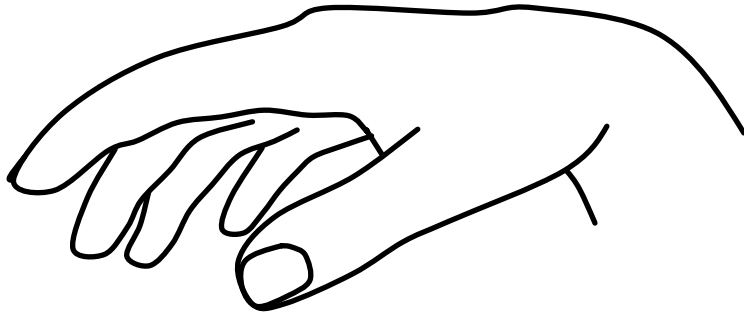


How did you do?

**Now you can lick your fingers and eat your cookies!**

# Technique Tip!

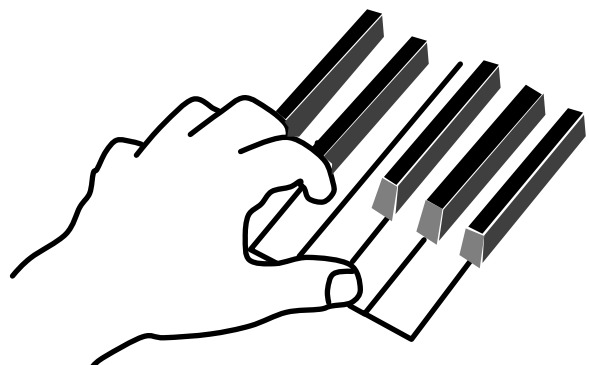
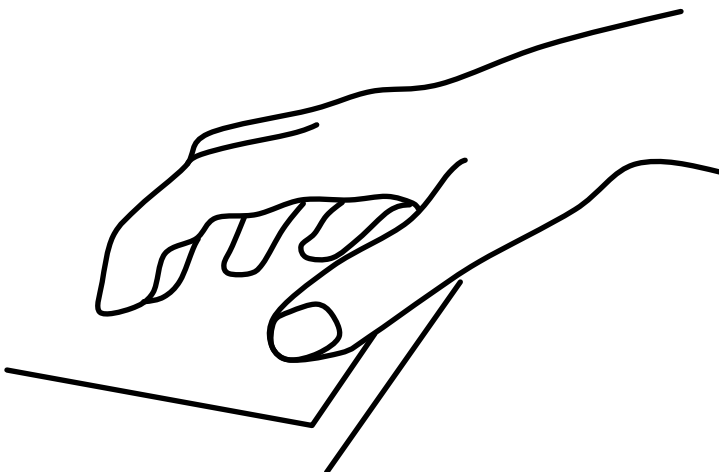
Raise your hand above your head and let the fingers hang down, your hand is a parachute, gently floating down to earth.



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.

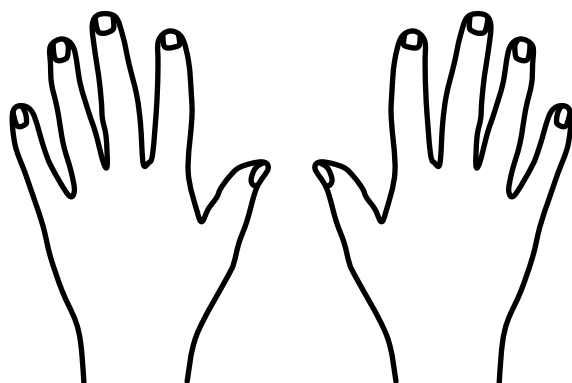
Your fingers are going to land lightly too, and stay where they are on the table. Is there enough room under your hand for a little mouse to hide there?

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.

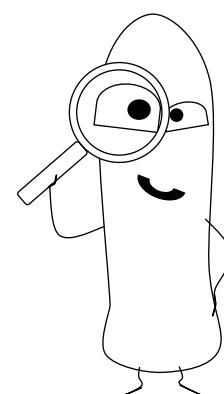
1	2			
1	2	3		
1	2	3	4	
1	2	3	4	5

Exercise 3.

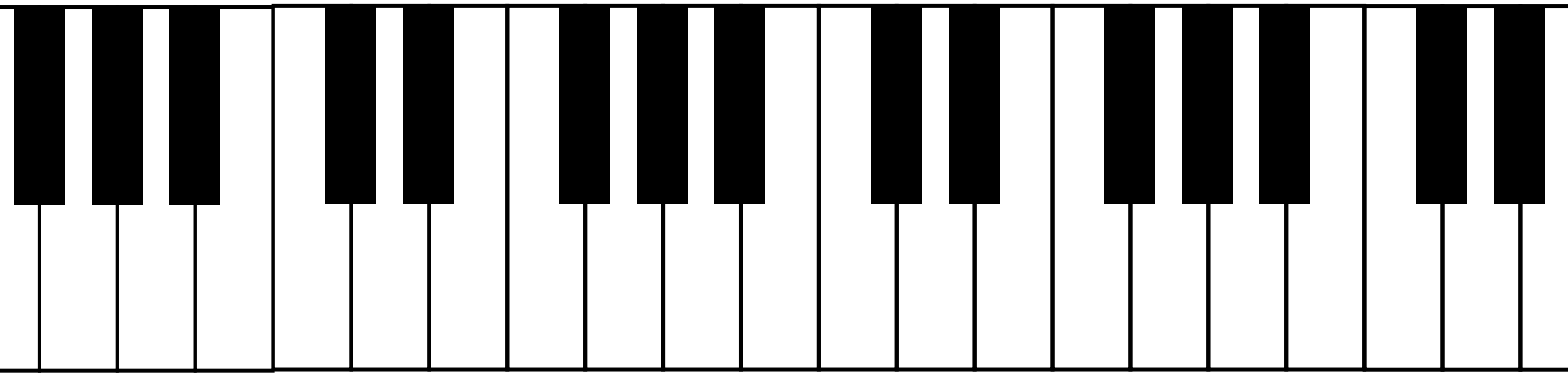
1	2	3	4	5	4	3	2	1
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## C Major Scale

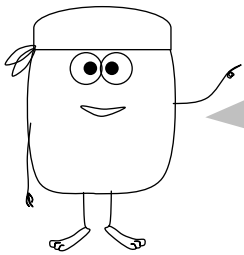
1	2	3	thumb under	1	2	3	4	5
5	4	3	2	1	over thumb	3	2	1



# Introducing the black keys!



1. Find all the groups of 2 black keys.



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

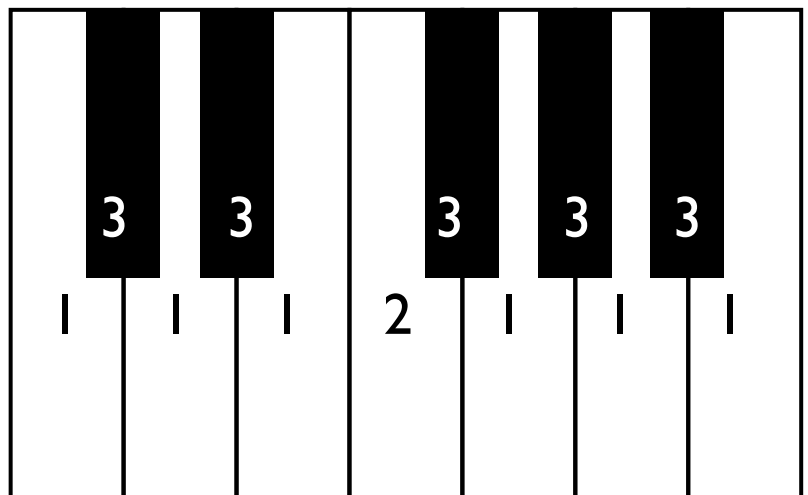
2. Now find the groups of 3 black keys.

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



## the chromatic scale

Thumb plays white keys  
Finger 3 plays black keys  
Finger 2 fills up the gaps



# Let's make some music !

sing it



clap it



play it



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**



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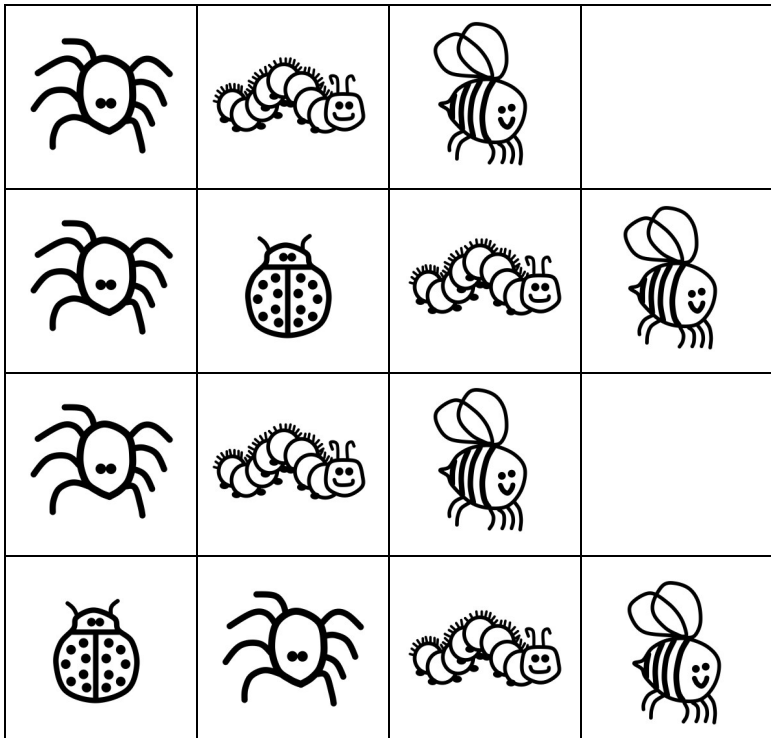
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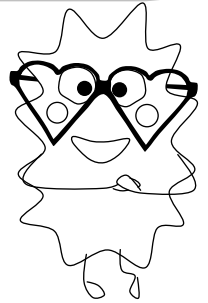


# Making music ...with bugs!

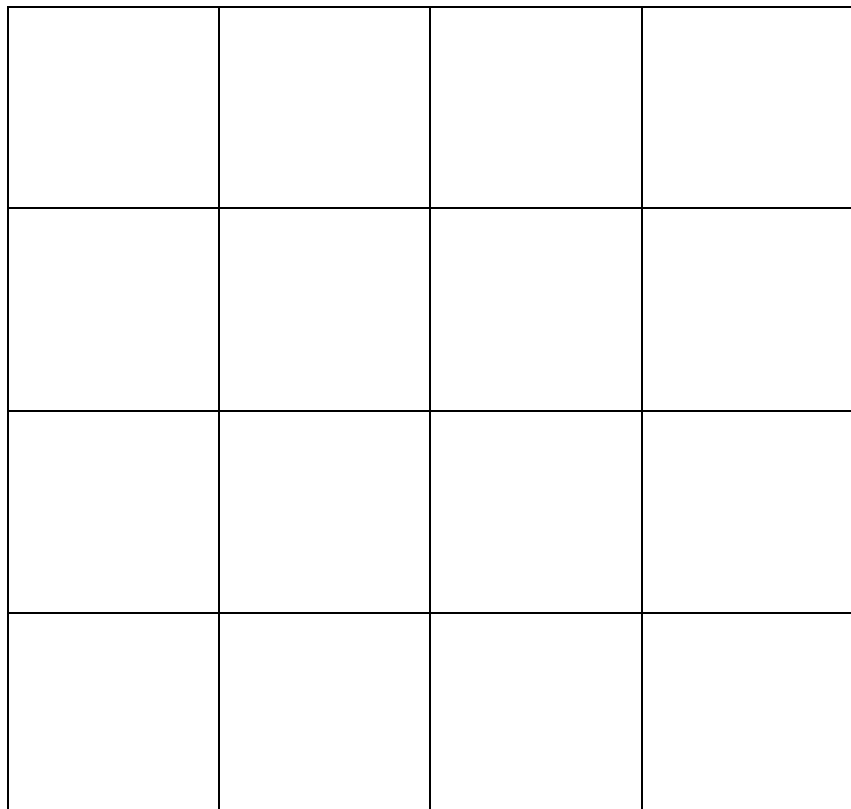
Let's develop a way to play this grid.



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

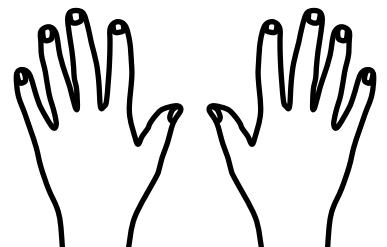
- Listen to a short rhythm that I clap and clap it back to me
- Listen to a phrase that I play and sing it back to me
- Listen to a phrase that I play and play it back to me  
(it will start on middle C)

## 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

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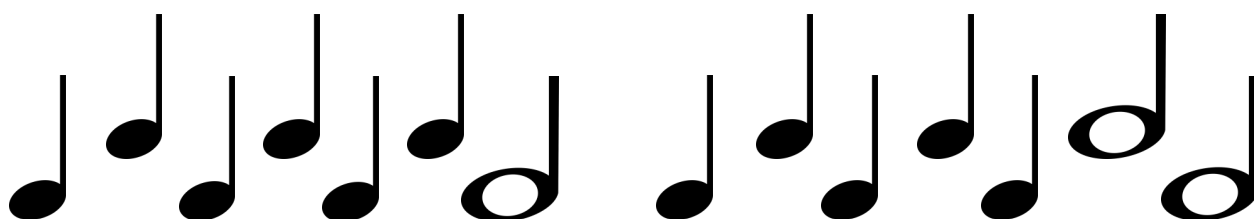
= Two beats

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## Two Beat March

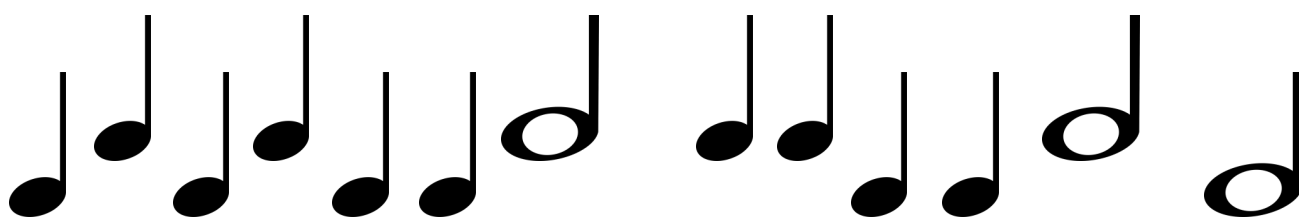
Right hand

2 3



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:



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# Here's a new note...

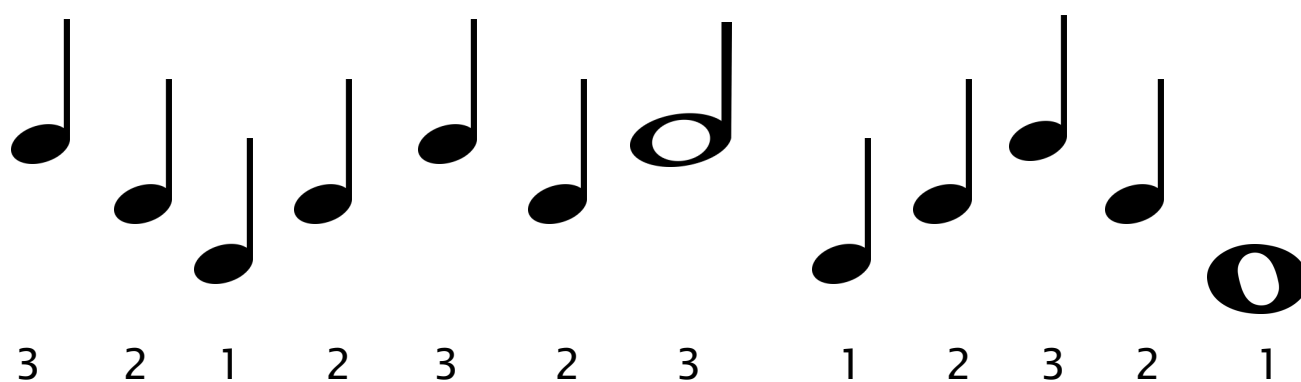
**O** = 4 beats -----

Right Hand

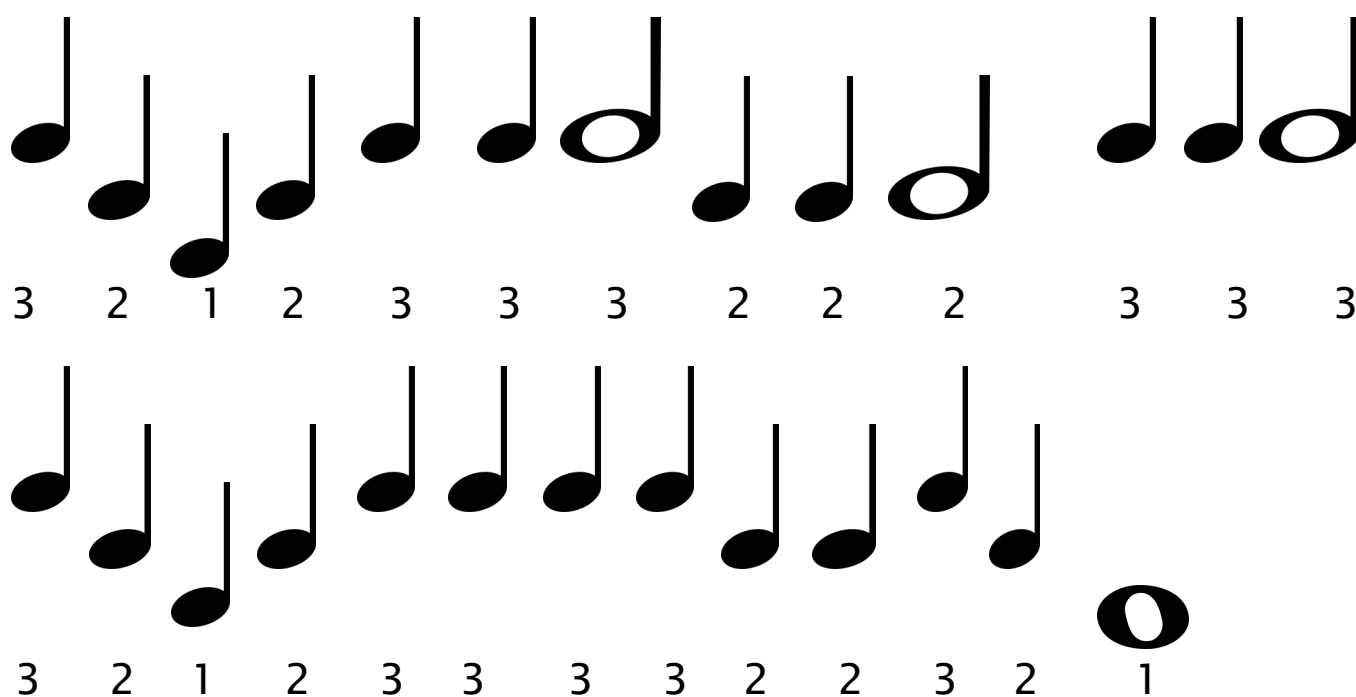
1 2 3



## Marching Song



## Mary had a Little Lamb



# 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:

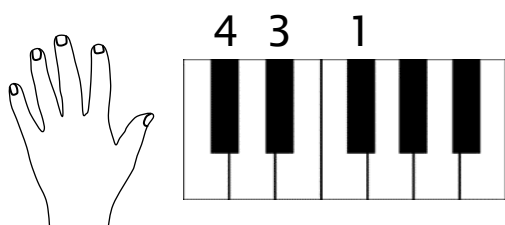
	crotchet	
		two beats
		

Musical maths!

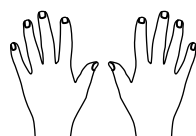
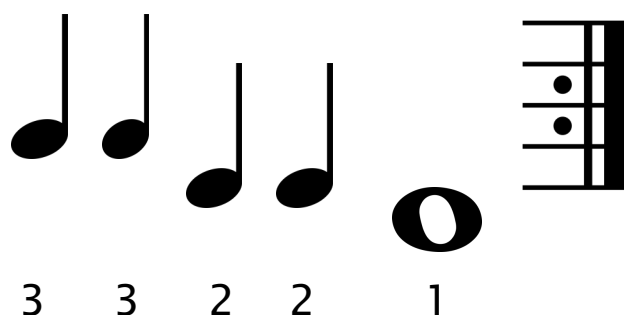
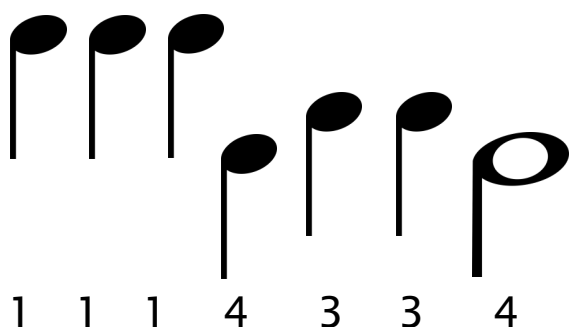
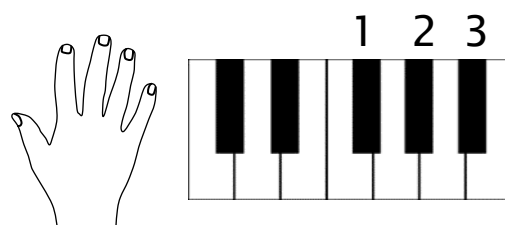
	+		=	
	+		=	
	+		=	
	-		=	
	-		=	

# Time for two hands

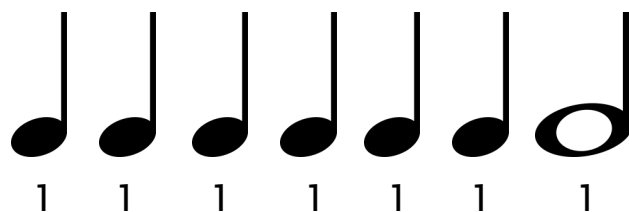
Left hand



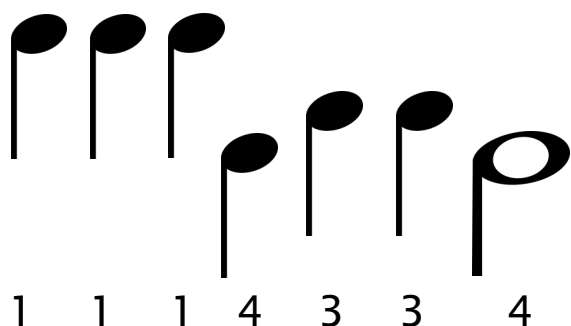
Right hand



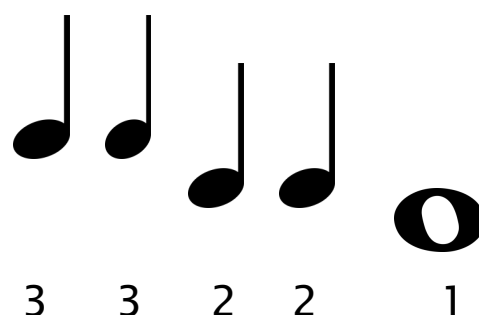
Both hands together



Left hand



Right hand



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

# NMPAT

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Inspire • Nurture • Excel

## NMPAT Saturday Centres

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

Music and performing arts group lessons,  
ensembles, activities and events.  
For anyone age 3 upwards,  
on Saturday mornings in a  
venue near you.

Use the link  
below to find  
your nearest  
Centre! Free  
first term's  
membership for  
anyone already paying  
for NMPAT lessons!



Scan the QR code to find out more or go to  
**[www.nmpat.co.uk/centres](http://www.nmpat.co.uk/centres)**