

KS3 Music Practice- A Guide

All students are expected to practice at least **four times per week**. Each practice session should last for **at least 25 minutes**.

A **25 minute** practice session should be structured as follows:

5 minutes- Warm-ups	15 minutes- Focussed practice	5 minutes- performance
<p>Before you begin make sure you are practising in a quiet place and have enough room to display your music.</p> <ul style="list-style-type: none"> - Stretches - Play long notes - Play scales 	<ul style="list-style-type: none"> - Choose a small section of the piece to focus on - Practice playing this section slowly- use a metronome to help you stay in time <p>Ask yourself questions whilst you practice:</p> <ul style="list-style-type: none"> ✓ <i>Am I playing in time?</i> ✓ <i>Am I playing the correct notes?</i> ✓ <i>Am I doing what the music is asking of me? Eg. dynamics, articulation, tempo etc.</i> 	<ul style="list-style-type: none"> - Perform to a friend or family member- ask for feedback - Record yourself performing and listen to it- give yourself feedback and record this in your homework reflection diary. - Set yourself two targets for your next practice session.
		<p>Some reflections to ask yourself?</p> <ul style="list-style-type: none"> ✓ <i>What can I do well?</i> ✓ <i>What do I need to improve?</i> ✓ <i>How could my performance be more expressive?</i>

If you need extra help with your practice then remember to attend one of our **practice clinics**- either before or after school! These clinics are organised by Music teachers and you will be able to get extra support with your practice.

You **will** become a better musician with effective and regular practice!