

WEEK 1 STUDENT WORKBOOK

Building the Foundation

By Mark L. Everett

Student Name: _____ City: _____ Date Started: _____

VIDEO REQUIRED

This workbook supports the Week 1 lesson. It does not replace the video. Watch each section, pause when directed, practice at the keyboard, and then return to the lesson.

WEEK 1 FOCUS

Check each box after you complete the assignment.

- | | |
|--|---|
| ☐ Healthy sitting, arm, wrist, and hand position | ☐ Finger numbers on both hands |
| ☐ The repeating keyboard pattern | ☐ Finding C, F, and Middle C |
| ☐ The five-note C position | ☐ Building and hearing C major |
| ☐ Completing the required 'This Is Home' assignment | |

HOW TO USE THIS WORKBOOK

1. WATCH

Listen for the explanation and observe the demonstration.

2. PAUSE

Stop the video before moving ahead if the skill is not clear.

3. PRACTICE

Repeat slowly. Accuracy and control matter more than speed.

4. RETURN

Continue the video only when you understand the current section.

POSTURE, HAND POSITION, AND FINGER NUMBERS

Watch the posture section of the video before completing this page.

POSTURE AND HAND POSITION

Check each box when you can do it comfortably.

- ☐ I am sitting tall without stiffness.
- ☐ My forearms travel naturally toward the keys.
- ☐ My fingers are gently curved.
- ☐ My shoulders feel relaxed.
- ☐ My wrists are not raised or dropped.
- ☐ My hands and arms feel free, not tight.

FINGER NUMBERS - COMPLETE WHILE WATCHING

Write each finger number under the correct finger (example: write 1 under the thumb).

Hand	Thumb	Index	Middle	Ring	Little
Right					
Left					

REMEMBER

Finger numbers are the same on both hands: each thumb is 1, and the numbers continue outward to 5 on each little finger.

KEYBOARD LAYOUT

Use the video to complete the keyboard work below. No answer key is printed here.

KEYBOARD DISCOVERY

On the keyboard below: circle one group of two black keys; box one group of three black keys; write C on every C; write F on every F; then place a star on Middle C.



CENTER C = MIDDLE C

THE MUSICAL ALPHABET

Write one letter in each box. Use only the seven letters taught in the video.

FIVE-NOTE C POSITION

Hand	Starting note	Five notes in order	Finger numbers
Right			
Left			

PLAY THE WEEK 1 PATTERN

C - D - E - F - G - F - E - D - C

- ☐ Right hand
- ☐ Left hand
- ☐ Both hands
- ☐ Steady pulse
Pulse means a steady pace.

After practicing, write one thing that became easier:

C MAJOR AND THE REQUIRED ASSIGNMENT

BUILD C MAJOR - COMPLETE FROM THE VIDEO

Right-hand notes _____ Finger numbers _____

Left-hand bass note _____ Finger number _____

'THIS IS HOME' - REQUIRED WEEK 1 ASSIGNMENT

Use the same notes in every part: LH C + RH C, E, G.

Play both hands together throughout.

PART 1 Play once on beat 1. Hold through beat 4. Release after beat 4 and say 'home.'

Beat	1	2	3	4
Action	PLAY	HOLD	HOLD	HOLD

PART 2 Play the same notes on beats 1 and 3. Count 1-2-3-4.

Beat	1	2	3	4
Action	PLAY	-	PLAY	-

PART 3 Play the same notes on every beat. Count every beat.

Beat	1	2	3	4
Action	PLAY	PLAY	PLAY	PLAY

PART 4 Play once on beat 1. Hold through beat 4. Release after beat 4 and breathe to represent rest and home.

Beat	1	2	3	4
Action	PLAY	HOLD	HOLD	HOLD

☐ Both hands together

☐ Completed without stopping

PRACTICE PLAN AND VIDEO SUBMISSION

Practice on at least three separate days. Leave a rest day between sessions when possible. Practice 15-20 minutes each session.

You may practice any combination of Week 1 components. Document what you practiced during each session.

Session	Date	Activity 1	Activity 2	Activity 3
Example	-	Locating C and F	Five-note C position	C chord in RH with C in LH
Day 1				
Day 2				
Day 3				

Suggested schedule: Monday-Wednesday-Friday or Tuesday-Thursday-Saturday.

SUBMIT ONE CONTINUOUS WEEK 1 DEMONSTRATION VIDEO

- ☐ State your name and city, then say, 'Week 1 Demonstration.'
- ☐ Demonstrate correct sitting, arm, wrist, hand, and finger position.
- ☐ Identify fingers 1-5 on both hands.
- ☐ Point to Middle C.
- ☐ Play C-D-E-F-G-F-E-D-C with the right hand, left hand, and both hands.
- ☐ Play right-hand C major with left-hand bass C, both hands together.
- ☐ Perform all four parts of 'This Is Home' without stopping.
- ☐ Optional: record and add your favorite part of the Week 1 lesson.
- ☐ At the end, say, 'Week 1 Complete.'

Week 1 must be submitted, reviewed, and successfully completed before Week 2 access is provided.

OPTIONAL MUSIC ACE MAESTRO REINFORCEMENT

For Reedy River students with access to the church music lab: go into the computer lab, open Music Ace Maestro, find your group, enter or select your name, and begin.

Optional lessons: 2 - Introduction to the Piano Keyboard; 5 - The ABCs of the Piano Keyboard; 7 - More Piano ABCs; and 13 - Keyboard Review. Lesson 3 - Beat and Tempo may reinforce steady counting.

These activities are optional and are not required for Week 1 approval.