

First Lessons with SCALERAIL Ideas for Teachers 1

Beginning to work with SCALERAIL

Five-Finger Exercises

Whichever Piano Course your students are following, within the first couple of lessons they will come across a five-finger exercise.

Often this will be disguised as a simple tune for the student to play – but in a good piano method it will also have a more serious purpose, especially if it has an element of sequential repetition.

Five-finger tunes and exercises are the primary means by which the student begins to gain control and independence of the fingers, and this early stage of the student's development is an excellent time to introduce the SCALERAIL into lessons. It helps the student to gain confidence in independent finger movement without resorting to the arm or hand to compensate for lack of finger movement. It also ensures that the correct hand position feels comfortable right from the beginning.

Here are some examples of simple five-finger exercises that can be used to introduce the student to SCALERAIL. You can use them to supplement material already found in the tutor book you are using. The exercises should be introduced one at a time and practised for a short time each day (no more than 5-10 minutes to begin with). Remember – short regular practise sessions are more beneficial than longer sessions at irregular intervals.

Exercise 1 Right Hand



Exercise 1 Right Hand musical notation. It consists of three staves of music in 4/4 time. The first staff contains six measures of eighth-note patterns with fingerings: 1 2 3 2 1, 1 2 3 2 1, and three measures of eighth-note patterns. The second staff contains five measures of eighth-note patterns with fingerings: 3 2 1 2 3, 3 2 1 2 3, and three measures of eighth-note patterns. The third staff contains five measures of eighth-note patterns with fingerings: 3 2 1 2 1, and four measures of eighth-note patterns.

Exercise 1 Left Hand



Exercise 1 Left Hand musical notation. It consists of three staves of music in 4/4 time. The first staff contains six measures of eighth-note patterns with fingerings: 3 2 1 2 3, 3 2 1 2 3, and four measures of eighth-note patterns. The second staff contains five measures of eighth-note patterns with fingerings: 1 2 3 2 1, 1 2 3 2 1, and four measures of eighth-note patterns. The third staff contains five measures of eighth-note patterns with fingerings: 1 2 3 2 3, and four measures of eighth-note patterns.

Exercise 2 Right Hand

Musical score for Exercise 2 Right Hand, 4/4 time signature, treble clef. The exercise consists of four staves of music. The first staff contains the first four measures, with fingerings 1 2 3 4 5 4 3 2 1 and 1 2 3 4 5 4 3 2 1. The second staff contains measures 5-8. The third staff contains measures 9-12. The fourth staff contains measures 13-16, ending with a double bar line.

Exercise 2 Left Hand

Musical score for Exercise 2 Left Hand, 4/4 time signature, bass clef. The exercise consists of four staves of music. The first staff contains the first four measures, with fingerings 5 4 3 2 1 2 3 4 and 5 4 3 2 1 2 3 4. The second staff contains measures 5-8. The third staff contains measures 9-12, with fingerings 1 2 3 4 5 4 3 2 and 1 2 3 4 5 4 3 2 1. The fourth staff contains measures 13-16, ending with a double bar line.

Exercise 3 Right hand

Musical score for Exercise 3 Right hand, 3/4 time signature, treble clef. The exercise consists of three staves of music. The first staff contains the first four measures, with fingerings 1 3 and 3 1. The second staff contains measures 5-8, with fingerings 1 3 and 5 3. The third staff contains measures 9-12, with fingerings 5 3 and 5 3. The exercise ends with a double bar line.

Exercise 3 Left Hand

Exercise 3 Left Hand is a piece of music in bass clef with a 3/4 time signature. It consists of three staves of music. The first staff contains six measures of eighth-note patterns, each marked with a '3' above the notes, indicating a triplet. The second staff contains five measures, with the first measure marked with a '3' and the second measure with a '5' above the notes. The third staff contains four measures, each marked with a '3' above the notes. The piece concludes with a double bar line.

Exercise 4 Right Hand

Exercise 4 Right Hand is a piece of music in treble clef with a 4/4 time signature. It consists of three staves of music. The first staff contains six measures of eighth-note patterns, with the first measure marked with '1 2 3 4 5 4 3 2' and the second measure with '1 2'. The second staff contains five measures, with the first measure marked with '1 2' and the second measure with '5 4 3 2 1 2 3 4'. The third staff contains four measures, each marked with '5 4' above the notes. The piece concludes with a double bar line and a fermata over the final note.

Exercise 4 Left Hand

Exercise 4 Left Hand is a piece of music in bass clef with a 4/4 time signature. It consists of three staves of music. The first staff contains six measures of eighth-note patterns, each marked with '5 4 3 2 1 2 3 4' below the notes. The second staff contains five measures, with the first measure marked with '1 2 3 4' and the second measure with '5 4 3 2'. The third staff contains four measures, each marked with '1 2' above the notes. The piece concludes with a double bar line and a fermata over the final note.

Exercise 5 Right Hand

Exercise 5 Right Hand is a five-staff piece in treble clef, 4/4 time. It consists of continuous eighth-note patterns. The first staff contains four measures with fingerings: 1 2 3 4 5 4 3 2, 1 3 5 3 1, 1 2 3 4 5 4 3 2, and 1 3 5 3 1. The second staff contains six measures with fingerings: 1, 1, 1, 1, 1, 1. The third staff contains six measures with fingerings: 1, 5 4 3 2 1 2 3 4, 5 3 1 3 5, 5 4 3 2 1 2 3 4, 5 3 1 3 5, and 5 3 1 3 5. The fourth staff contains six measures with fingering: 5. The fifth staff contains six measures with fingerings: 5, 5, 5, 5, 5, and 5 3 1 3 1.

Exercise 5 Left hand

Exercise 5 Left hand is a five-staff piece in bass clef, 4/4 time. It consists of continuous eighth-note patterns. The first staff contains four measures with fingerings: 5 4 3 2 1 2 3 4, 5 3 1 3 5, 5 4 3 2 1 2 3 4, and 5 3 1 3 5. The second staff contains six measures with fingering: 5. The third staff contains six measures with fingerings: 5, 1 2 3 4 5 4 3 2, 1 3 5 3 1, 1 2 3 4 5 4 3 2, and 1 3 5 3 1. The fourth staff contains six measures with fingering: 1. The fifth staff contains six measures with fingerings: 1, 1, 1, 1, 1, and 1 3 5 3 5.

Exercise 6a Right Hand

Exercise 6a Right Hand is a single-staff piece in treble clef, 4/4 time. It consists of continuous eighth-note patterns with triplets. The first staff contains four measures with fingerings: 3 3 3 3, 3 1 1 2 3 1, 3 2 1 3 3 3 3, and 3 3 3 3 3 3 3 2 1 3.

Exercise 6a Left Hand

Exercise 6b Right Hand

Exercise 6b Left Hand

Exercise 6c Right Hand

Exercise 6c Left Hand



**Teachers – make sure that you have read the SCALERAIL Handbook and have practised with SCALERAIL yourself, before introducing it to your students.
Encourage students to use SCALERAIL when they practise these**