

Lessons with SCALERAIL Ideas for Teachers 3 Learning to play Scales

The preliminary work done with SCALERAIL has prepared the student by accustoming them to the correct forward-facing position of the hand and the smooth, continuous, lateral motion up and down the keyboard.....no jerks, no bumps, no flapping elbows!

Five-finger tunes and exercises have begun to develop the fingers strength and independence – now it's time to take the next step and start joining groups of notes together. Your arm should remain resting in the arm rest when the thumb is used.

Try using the following four C major exercises with SCALERAIL.

Exercise 1 Right Hand



Exercise 1 Left hand



Exercise 2 Right Hand



Exercise 2 Left hand

Musical notation for Exercise 2 Left hand, bass clef, 4/4 time signature. The exercise consists of three staves of music. The first staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 4 1 and 5 4 3 2 1 4 1. The second staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 4 1 and 1 2 3 4 1 4. The third staff contains two measures of eighth-note patterns with fingerings: 1 2 3 4 1 and 1 2 3 4 1.

Exercise 3 Right Hand

Musical notation for Exercise 3 Right hand, treble clef, 4/4 time signature. The exercise consists of four staves of music. The first staff contains two measures of eighth-note patterns with fingerings: 1 2 3 1 and 1 2 3 4 1. The second staff contains two measures of eighth-note patterns with fingerings: 1 2 3 1 and 1 2 3 4 1. The third staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 3 and 3 2 1 4. The fourth staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 3 and 3 2 1 4.

Exercise 3 Left hand

Musical notation for Exercise 3 Left hand, bass clef, 4/4 time signature. The exercise consists of four staves of music. The first staff contains two measures of eighth-note patterns with fingerings: 1 2 3 1 and 1 2 3 4 1. The second staff contains two measures of eighth-note patterns with fingerings: 1 2 3 1 and 1 2 3 4 1. The third staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 3 and 3 2 1 4. The fourth staff contains two measures of eighth-note patterns with fingerings: 5 4 3 2 1 3 and 3 2 1 4.

Exercise 4 Right Hand

In Exercises 4 and 5 extend the fingers from the second knuckle in order to play the black keys



Exercise 4 Left Hand



Exercise 5 Right Hand



Exercise 5 Left Hand



Exercise 6 Right Hand



Exercise 6 Left Hand



TOP TIP

Try introducing B major as the next scale to be learned. Exercises 4, 5 and 6 are really good preliminary exercises. Notice how you have to play the black keys with slightly flatter fingers.