



# HALF TERM PRACTICE GUIDE - LEVEL 1

**Big congratulations on how far you've come—we're seriously impressed!** 🎸🎵

To keep those ukulele skills sharp over the break, we've put together a **quick-fire practice plan** to help you stay on track (and have fun doing it).

## 🕒 Mini Sessions = Maximum Progress

Just **10 minutes a day** can make a huge difference. Fit in a few bite-sized sessions when you can, and if you manage **all 3 practice sets at least 5 times** over the break (they don't have to be in a row, or chronological order!), you'll notice a real boost when we're back together!

## 🌟 REMEMBER TO:

- Warm up those hands with a few quick stretches
- Take a few calming breaths
- Track your progress using the chart below
- Mix and match the exercises—any order, your choice!

Rest, strum, repeat—and we'll see you soon with even more uke power! 🌟🎸



1. Practice <b>FINGER GYM EXERCISE 1 &amp; 2</b> x2 rounds @ <b>60BPM</b>	2 mins
2. Practice <b>G – C</b> (x2 bars each) with the <b>DDU DDU</b> strum x8 rounds @ <b>80BPM</b>	1 min
3. Practice the <b>CALYPSO</b> strum with <b>D Minor</b> chord x8 rounds @ <b>80BPM</b>	1 min
4. Practice <b>C – Dm</b> with <b>CALYPSO</b> x2 bars each x8 rounds @ <b>70 BPM</b>	1 min
5. Practice the <b>C MAJOR SCALE</b> up and back down x2 rounds @ <b>60 BPM</b>	2 mins
6. Practice <b>“ANYONE ELSE BUT YOU”</b> with the play along audio track	3 mins

7. Practice the <b>FINGER GYM EXERCISE 1 &amp; 2</b> x2 rounds @ <b>65BPM</b>	2 mins
8. Practice <b>A – E7</b> on chord sheet with <b>DDU DDU</b> strum x8 rounds @ <b>80BPM</b>	1 min
9. Practice the <b>CALYPSO</b> strum with <b>D Major</b> chord x8 rounds @ <b>80BPM</b>	1 min
10. Practice <b>C – Dm – F</b> with <b>CALYPSO</b> x2 bars each x8 rounds @ <b>70 BPM</b>	1 min
11. Practice the <b>C MAJOR SCALE</b> up and back down x2 rounds @ <b>65 BPM</b>	2 mins
12. Practice <b>“DON'T WORRY / WHAT'S UP”</b> with play along audio track	3 mins

13. Practice the <b>FINGER GYM EXERCISE 1 &amp; 2</b> x2 rounds @ <b>70BPM</b>	2 mins
14. Practice <b>G – C</b> x2 bars each with the <b>DDU DDU</b> strum x8 rounds @ <b>90BPM</b>	1 min
15. Practice <b>G7 – C</b> with the <b>CALYPSO</b> strum x8 rounds @ <b>70 BPM</b>	1 min
16. Practice <b>C – Dm – F – C</b> , 2 bars each with <b>CALYPSO</b> x8 rounds @ <b>80 BPM</b>	1 min
17. Practice the <b>C MAJOR SCALE</b> up and back down x2 rounds @ <b>70BPM</b>	2 mins
18. Practice <b>“ODE TO JOY”</b> with play along video x2 rounds @ <b>65BPM</b>	3 mins

Make a note of the time and date of each practice session and see how you get on.

SESSION	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice	3 <sup>rd</sup> Practice	4 <sup>th</sup> Practice	5 <sup>th</sup> Practice
<b>1 - 6</b>					
<b>7 - 12</b>					
<b>13 - 18</b>					