

# Practicing; The art of Repetition

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## What's it all about?





**Under 5 years**



**5 - 9 years**

**10 years and beyond**



**Practice changes with age**

**Game based**



**Understanding of repetition**



**Ownership of practices**



## **All children are different**

**Each family is different and works  
in different ways**

**I would like your input into this talk  
as parents have a mountain of  
experience and some ideas are great  
for other people to try.**



## **Lets define terms**

### **What is practice**

**Practice is the repetition of an  
activity in order to gain skill:  
eg piano practice**

### **What is repetition**

**Repetition is the act of experiencing  
something again; an act to occur more  
than once.**

## How often should you practice?

Every day

## How does this help?

- Muscle memory retention
- Memory retention
- Easier to learn in incremental steps
- Motivation
- Does anyone else have any other suggestions?*



## The key to coming back

It is very simple?

Make your practices a set number of tasks and DO NOT GO OVER (even if they are doing really really well)

# What to consider when Working out practicing routines

Physical development  
Emotional development  
Intellectual development  
Level the student is playing

## How long?

Depends on level playing  
Beginner should practice 5 minutes daily to 20 mins. at end of book 1.

Book 2 + level children should be on a task limit – not time limit.



# Aids / Games





## **Aids / Games – Why do we use them?**

**Makes it fun for kids so that they come back for more the next day.**

**Children have better retention of knowledge if they learn with laughter.**

**Promotes motivation**

## **Under 5**

Doing games

Barrel of monkeys

Mystery pictures

Car races

Frog in a pond

Puzzles

These types of games give the children time to process their tasks and resting their muscles between each repetition without losing focus.

Charts for practices completed, revision, or tasks in a practice.



## 5 – 9 years

Still like doing games

Barrel of monkeys

Mystery pictures

Car races

Frog in a pond

Concerts for people – neighbors, grand parents etc

Charts for practices completed, revision, or tasks in a practice.

Rewards and bribery are great at this age.

Celebrating achievements



## 10 years and above

Contracts for this age level, I find work the best.

Charts for practices completed, revision, or tasks in a practice with the eye to a reward.

Rewards and bribery are great at this age.

Ensure that you include the student in the negotiation of practice times, length, etc.

TIP: use the teacher as much as possible.



# Rewards

When should you reward?

How do I reward?



## Celebrations and what to reward

Celebration of finishing books  
– book parties, concerts

Graduations

Finishing a complex and difficult piece.

Celebrating performances

Completing a chart – revision or practice chart

Other ideas?



# Motivation

Listening

Revision

Concerts and playing with others

