

Grade 1 Scales & Arpeggios

Scales • 60 BPM

Arpeggios • 58 BPM

Grade 1 requirements

KEY	EXERCISE	HANDS	
C major	Scale	Hands together	☐
G major	Scale	Hands separate	☐
F major	Scale	Hands separate	☐
A minor (harmonic)	Scale	Hands separate	☐
D minor (harmonic)	Scale	Hands separate	☐
C major	Contrary motion	Hands together	☐
G major	Arpeggio	Hands separate	☐
A minor	Arpeggio	Hands separate	☐

How to practise your scales

1 Master the fingering

Practise hands separately and completely master the fingering. Use the same fingering every time; know exactly which finger plays each note. Do not rush to play at speed.

2 Make it even, fluid and legato

Practise each hand separately until the scale is even, fluid and confidently played. Aim for a smooth legato sound: each note should move effortlessly into the next.

3 Use a metronome

Start very slowly, perhaps at 40 bpm. Play two quavers (eighth notes) in the time of one crotchet (quarter-note) click. Increase gradually by around 5-10 bpm when secure.

4 Put the hands together

Once each hand is secure, put the hands together at a slow speed. If fingering or notes become inaccurate, reduce the tempo. Accuracy and consistency are far more important than speed.

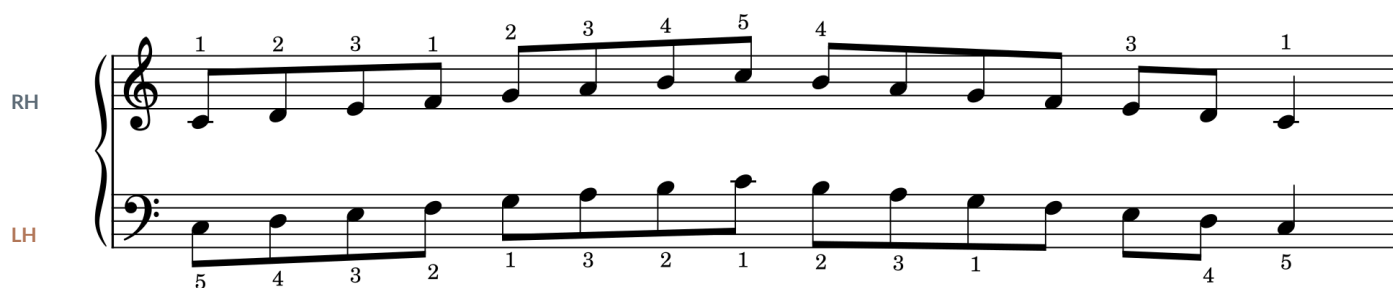
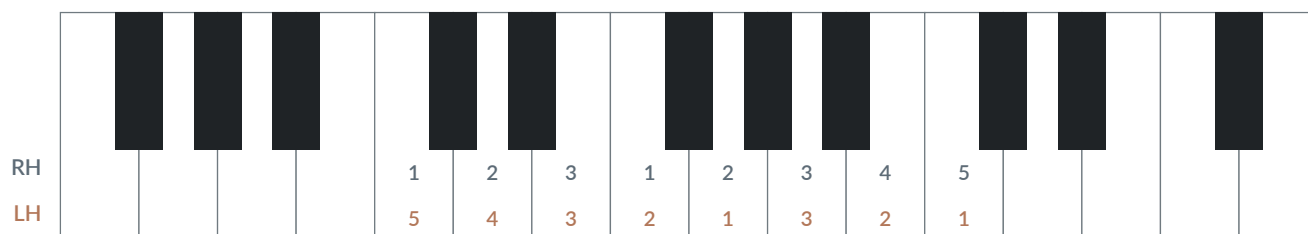
C major

60 BPM

One octave • the only scale played hands together

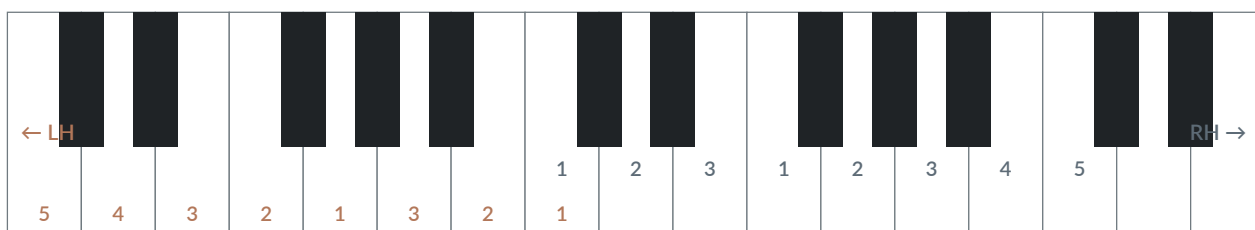
Scale

Hands together



Contrary motion

Hands together



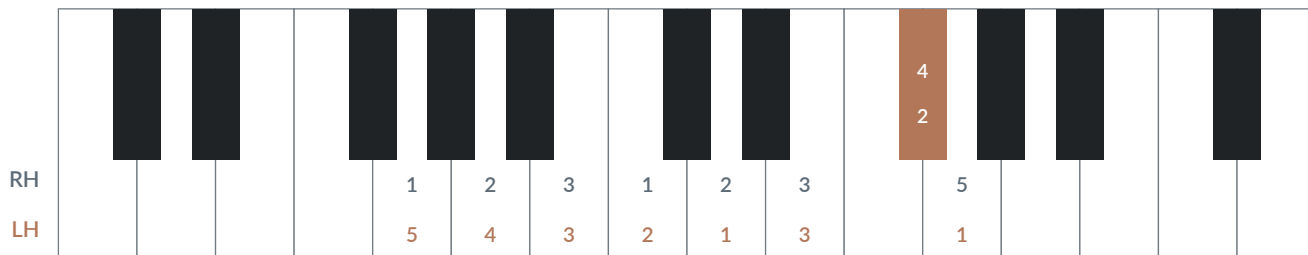
G major

1 sharp: F

60 BPM

Fingering map

RH above the keys · LH below the keys



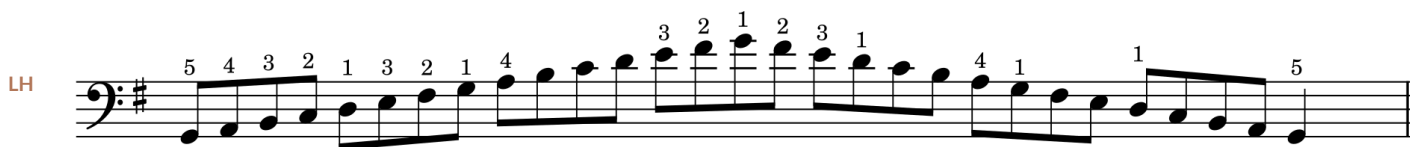
Right hand

RH



Left hand

LH



TARGET Play evenly and confidently at 60 BPM without changing the fingering.

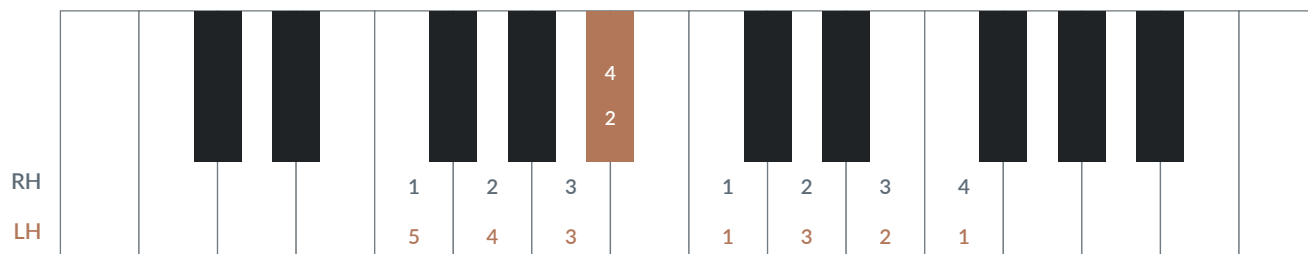
F major

60 BPM

1 flat: B

Fingering map

RH above the keys · LH below the keys



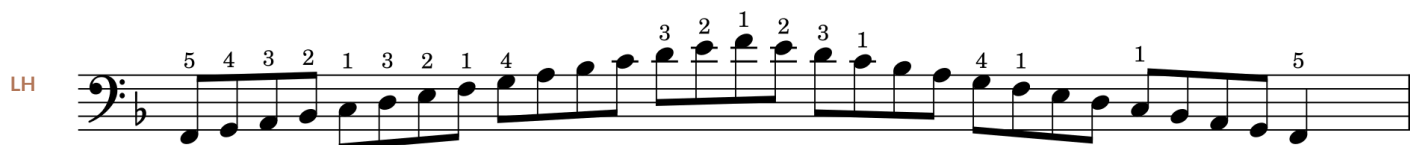
Right hand

RH



Left hand

LH



TARGET Play evenly and confidently at 60 BPM without changing the fingering.

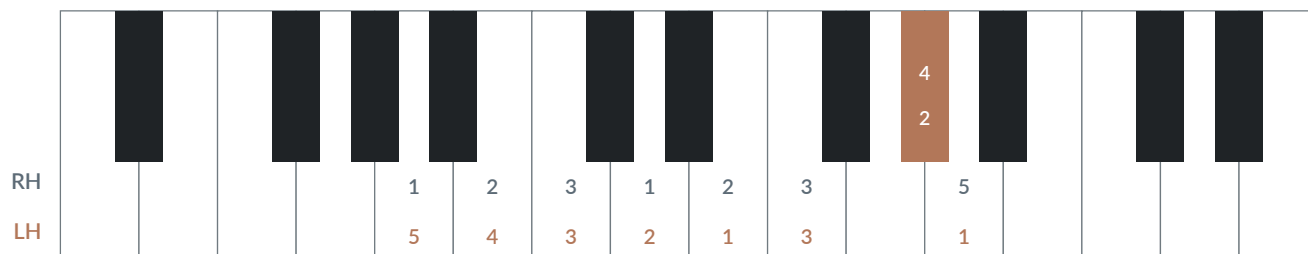
A minor • harmonic

60 BPM

Harmonic minor • raised 7th = G#

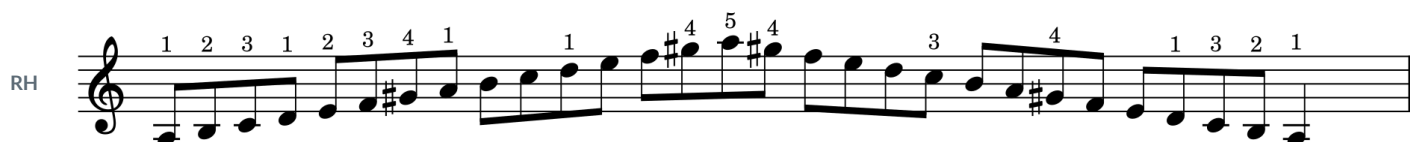
Fingering map

RH above the keys • LH below the keys



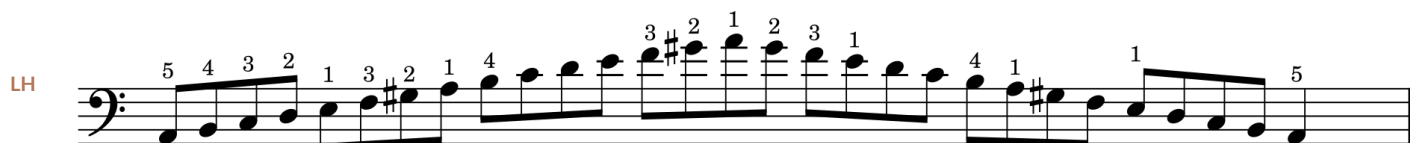
Right hand

RH



Left hand

LH



TARGET Play evenly and confidently at 60 BPM without changing the fingering.

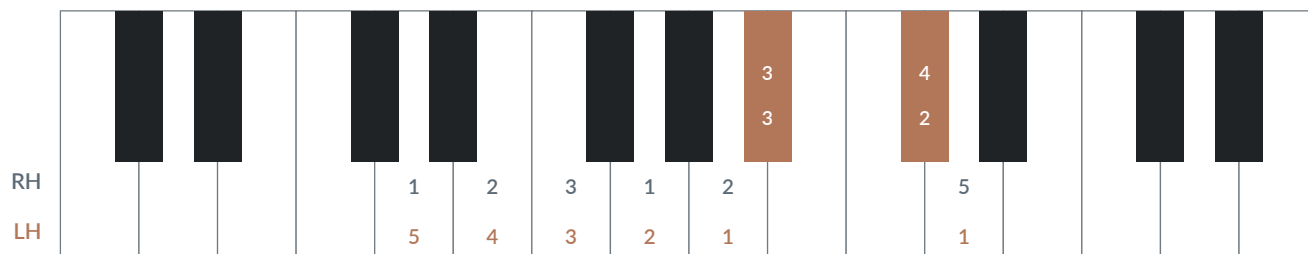
D minor • harmonic

60 BPM

Harmonic minor • Bb • raised 7th = C#

Fingering map

RH above the keys • LH below the keys



Right hand

RH



Left hand

LH



TARGET Play evenly and confidently at 60 BPM without changing the fingering.

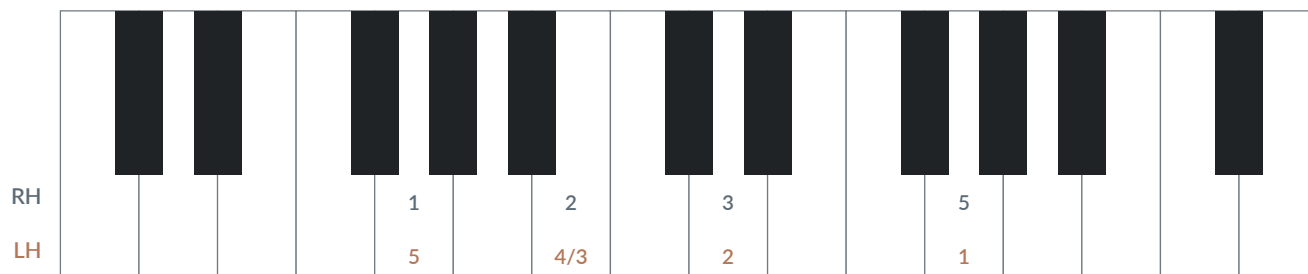
G major

58 BPM

Arpeggio • one octave • hands separate

Fingering map

RH above the keys • LH below the keys



Right hand

RH



Left hand

LH



TARGET Play smoothly and evenly at 58 BPM with a relaxed hand.

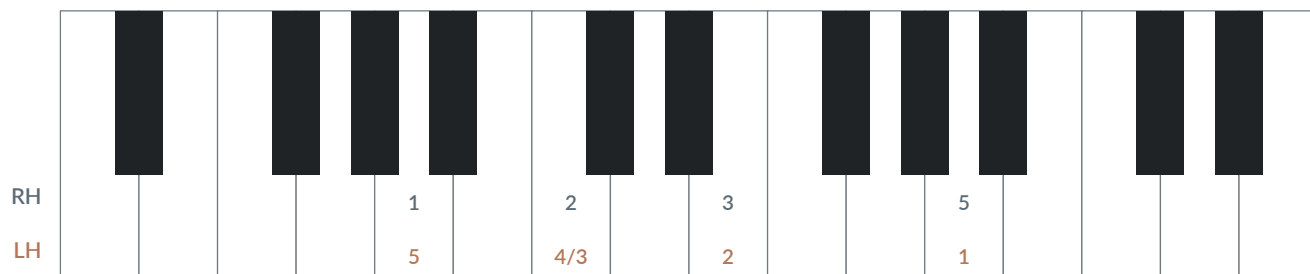
A minor

58 BPM

Arpeggio • one octave • hands separate

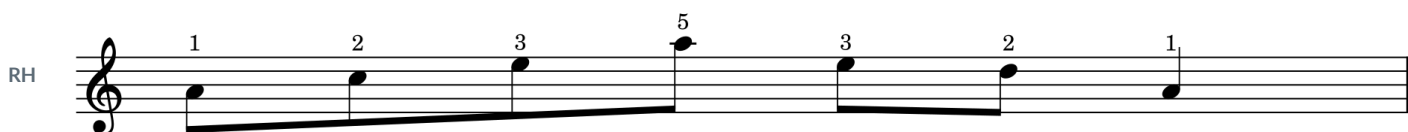
Fingering map

RH above the keys • LH below the keys



Right hand

RH



Left hand

LH



TARGET Play smoothly and evenly at 58 BPM with a relaxed hand.