

This document is a free resource provided by [johnbowenpiano.co.uk](http://johnbowenpiano.co.uk) as supplementary material to the video lessons there. All the following scales, broken chords and arpeggios are recommended for all students working at Grade 1 level. Requirements specific to individual exam boards are identified in brackets. The information here is accurate February 2021 but syllabuses should be checked for changes.

### LESSON 1 - Right-hand scale of C major. 2 octaves (Required LCM)



### LESSON 2 - Left-hand scale of C major. 2 octaves (Required LCM)



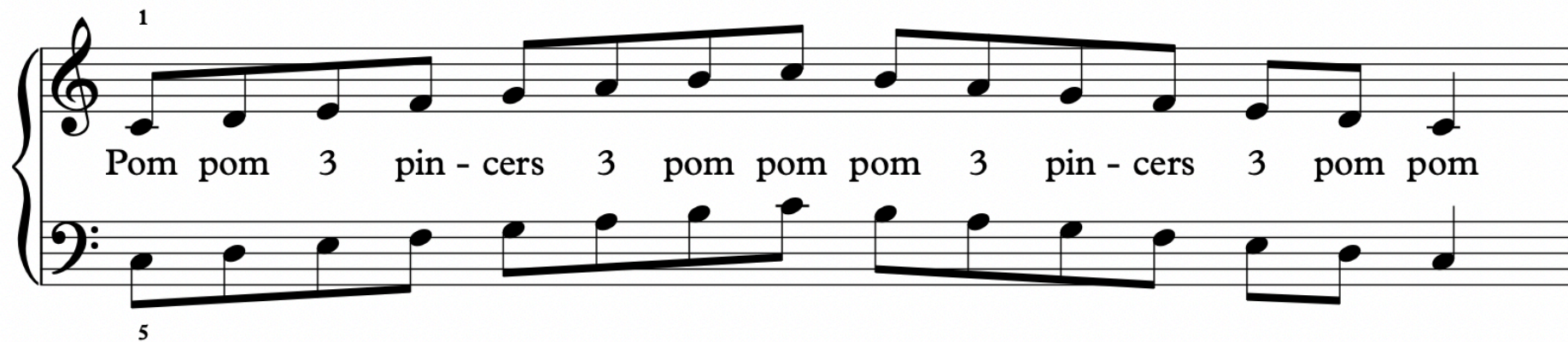
### LESSON 3 - Contrary motion scale of C major. 1 octave (Required by all)



Contrary motion scale of C major. 2 octaves (Required by all at Grade 2)



LESSON 4 - Hands-together similar motion scale. C major (Required ABRSM, LCM)



LESSON 5 - Hands separate scales are required at 1-octave range by Trinity and at 2-octave range by ABRSM and LCM

Right-hand scale of G major (Required by all)



Right-hand scale of A harmonic minor (Required by ABRSM, LCM)



LESSON 6 - Hands separate scales are required at 1-octave range by Trinity and at 2-octave range by ABRSM and LCM

Right-hand scale of D harmonic minor (Required by all)

Two staves of musical notation for the right-hand scale of D harmonic minor, 1-octave range. The first staff shows the ascending scale with fingerings 1, 3, 1, 5, 1, 3, 1. The second staff shows the descending scale with fingerings 1, 3, 1, 4, 1, 3, 1, 5, 1, 3, 1, 4, 1, 3, 1. The key signature has one flat (B-flat).

Right-hand scale of D major (Required by LCM)

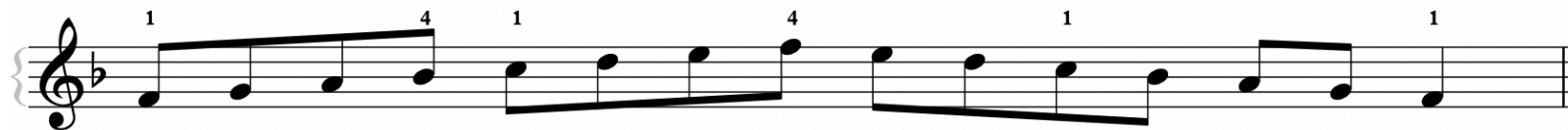
Two staves of musical notation for the right-hand scale of D major, 1-octave range. The first staff shows the ascending scale with fingerings 1, 3, 1, 5, 1, 3, 1. The second staff shows the descending scale with fingerings 1, 3, 1, 4, 1, 3, 1, 5, 1, 3, 1, 4, 1, 3, 1. The key signature has two sharps (F# and C#).

LESSON 7 - Hands separate scales are required at 1-octave range by Trinity and at 2-octave range by ABRSM and LCM

Right-hand scale of E harmonic minor (Required by Trinity)



Right-hand scale of F major (Required by all) - REMEMBER - the top note is played by 4th finger, NOT 5th!!!





LESSON 8 - Hands separate scales are required at 1-octave range by Trinity and at 2-octave range by ABRSM and LCM

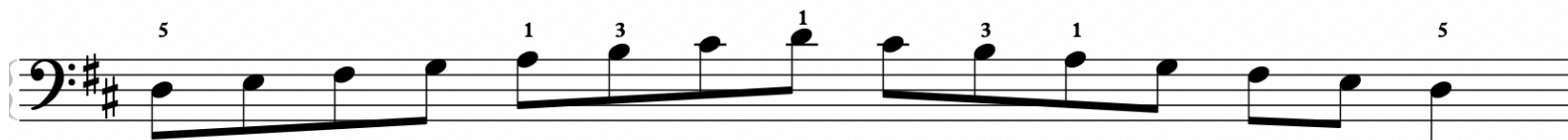
Left-hand scale of G major (Required by all)



Left-hand scale of F major (Required by all)

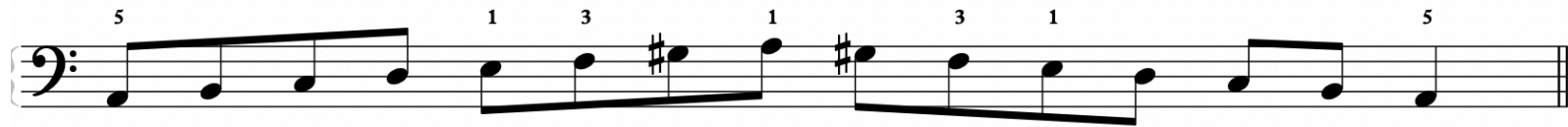


Left-hand scale of D major (Required by LCM)

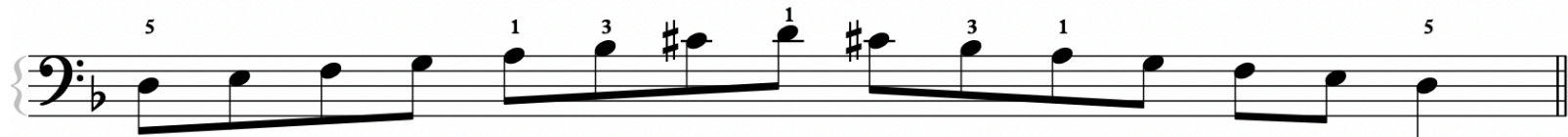


LESSON 9 - Hands separate scales are required at 1-octave range by Trinity and at 2-octave range by ABRSM and LCM

Left-hand scale of A harmonic minor (Required by ABRSM, LCM)

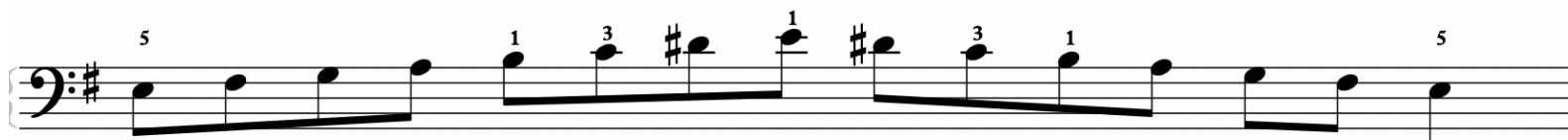


Left-hand scale of D harmonic minor (Required by all)





Left-hand scale of E harmonic minor (Required by Trinity)



## LESSON 10

Hands-together similar motion scale of G major (Required by LCM)

1

Pom pom 3 pin - cers 3 pom pom pom 3 pin - cers 3 pom pom

5

This musical notation is for a G major scale, hands-together, similar motion. It is written on a grand staff with a treble and bass clef. The key signature has one sharp (F#). The melody starts on G4 (treble clef, first line) and ends on G4. The bass line starts on G2 (bass clef, second line) and ends on G2. The notation includes fingerings (1, 5) and a '3' indicating a triplet. The lyrics 'Pom pom 3 pin - cers 3 pom pom pom 3 pin - cers 3 pom pom' are written below the notes.

Hands-together similar motion scale of D major (Required by LCM)

1

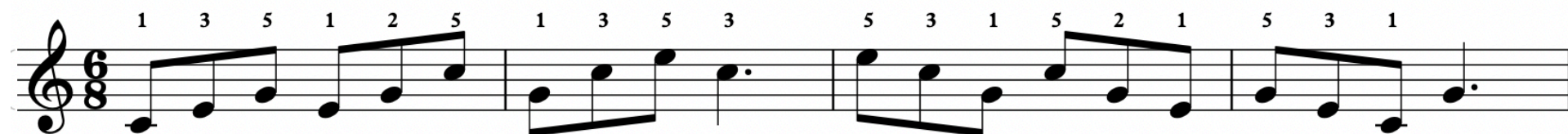
Pom pom 3 pin - cers 3 pom pom pom 3 pin - cers 3 pom pom

5

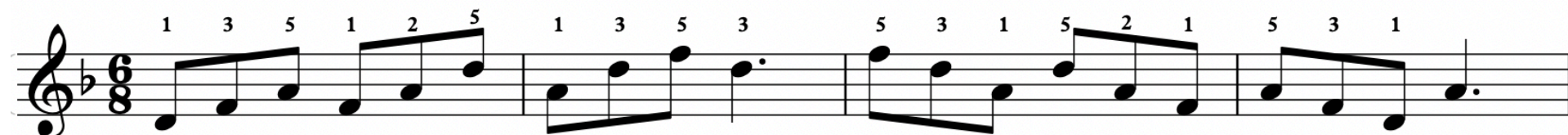
This musical notation is for a D major scale, hands-together, similar motion. It is written on a grand staff with a treble and bass clef. The key signature has two sharps (F#, C#). The melody starts on D4 (treble clef, second line) and ends on D4. The bass line starts on D2 (bass clef, second line) and ends on D2. The notation includes fingerings (1, 5) and a '3' indicating a triplet. The lyrics 'Pom pom 3 pin - cers 3 pom pom pom 3 pin - cers 3 pom pom' are written below the notes.

LESSON 11 - The following Right-hand broken chords are not required by ABRSM but are recommended

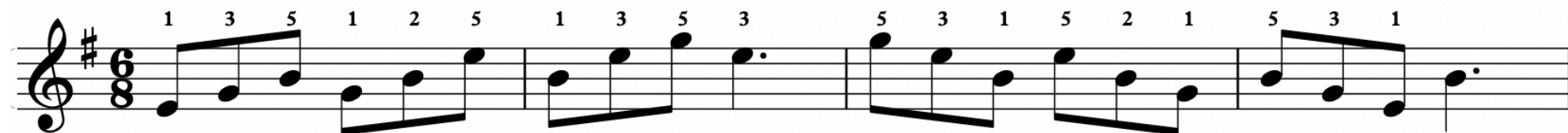
C major



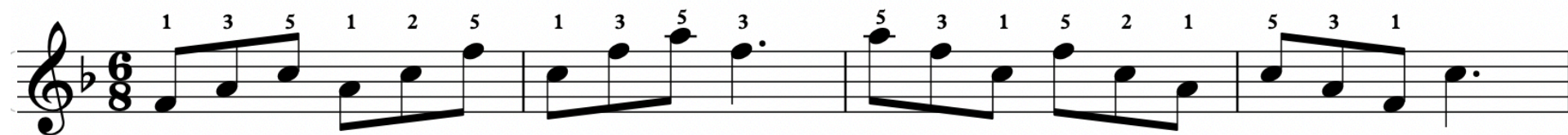
D minor (Required by Trinity)



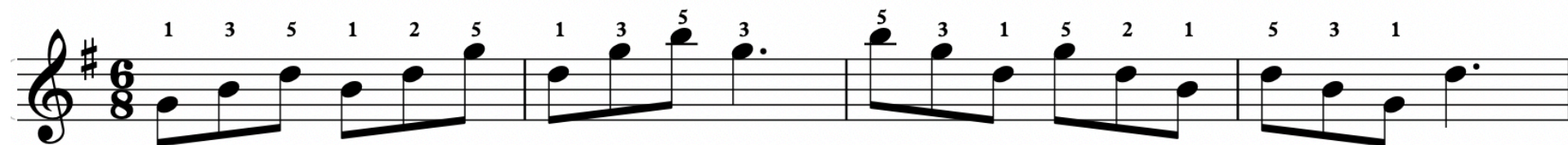
E minor (Required by Trinity)



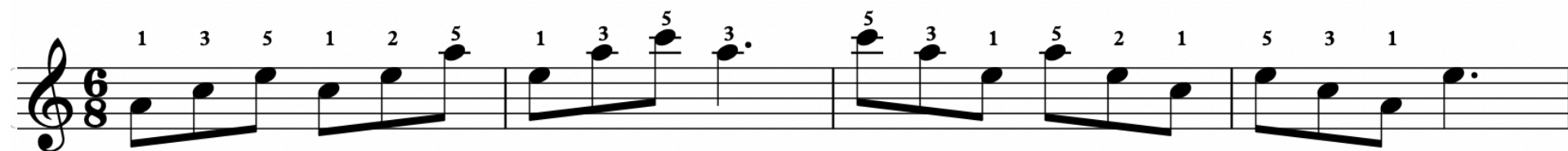
F major (Required by Trinity)



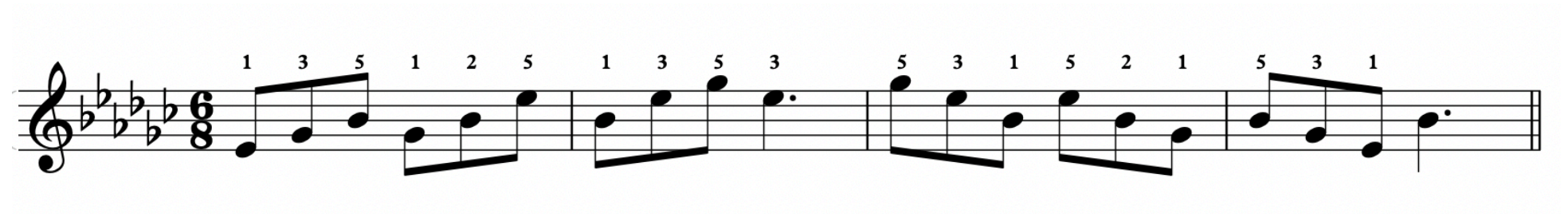
G major (Required by Trinity)



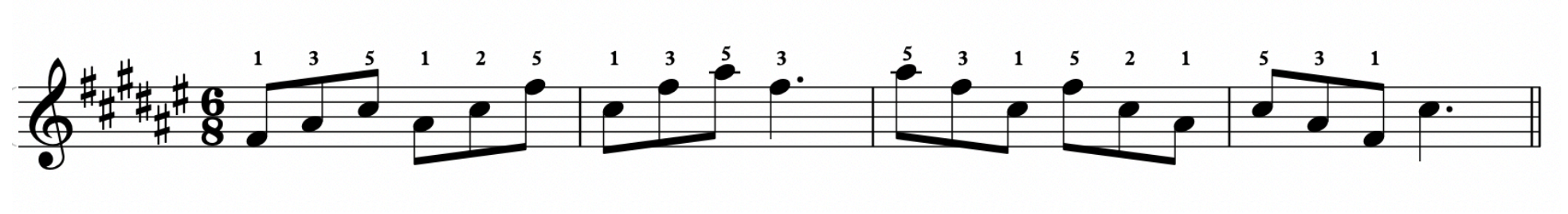
A minor



Eb minor



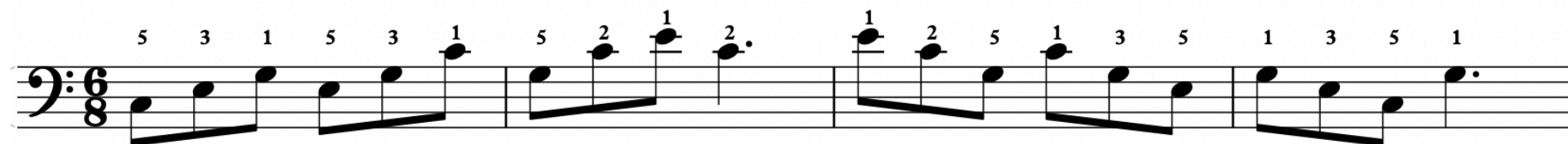
F# major



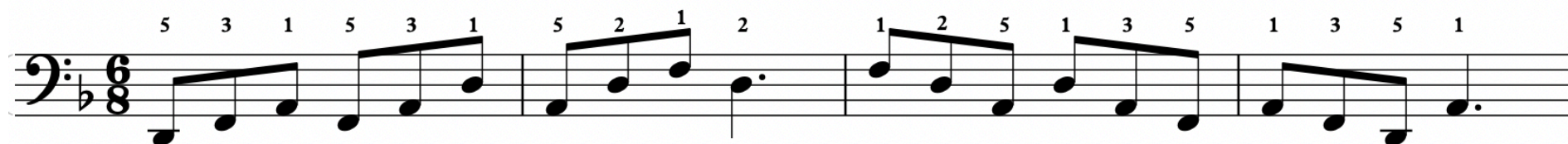


LESSON 12 - The following Left-hand broken chords are not required by ABRSM but are recommended

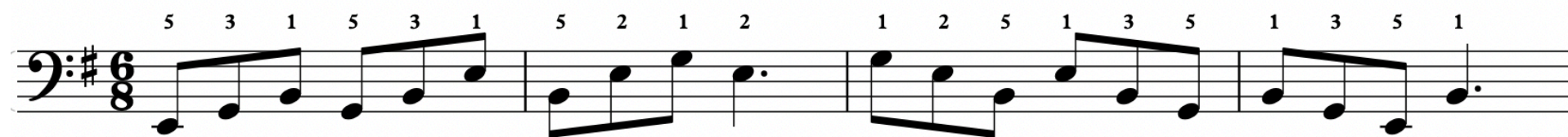
Left-hand broken chord C major (Required by LCM)



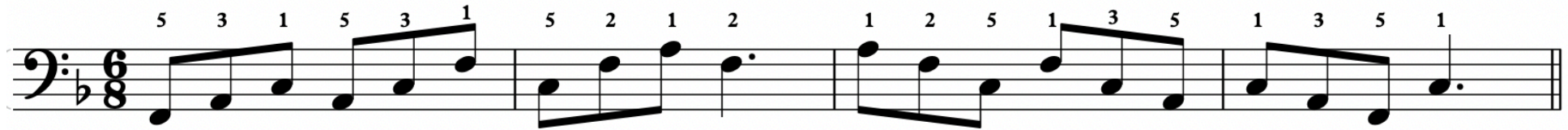
Left-hand broken chord D minor (Required by Trinity)



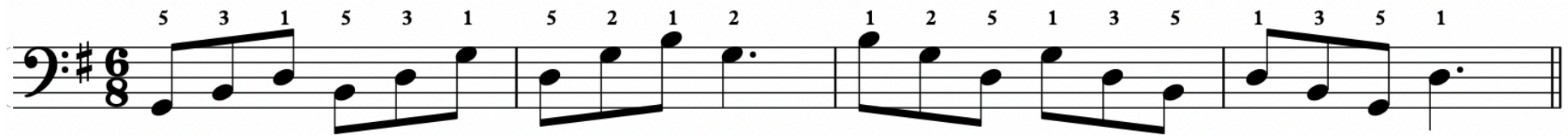
Left-hand broken chord E minor (Required by Trinity)



Left-hand broken chord F major (Required by Trinity)



Left-hand broken chord G major (Required by LCM and Trinity)



Left-hand broken chord A minor (Required by LCM)



Left-hand broken chord Eb minor

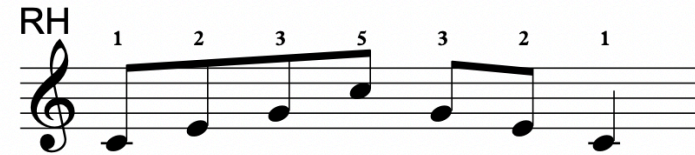
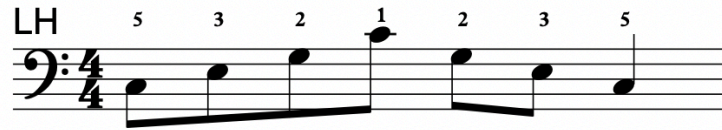


Left-hand broken chord F# major

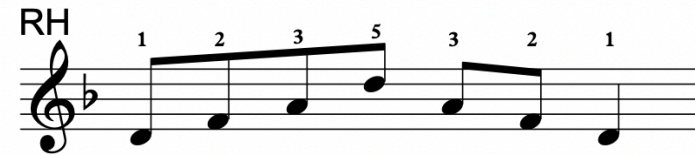
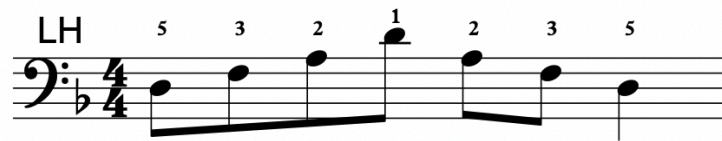


LESSON 13 - The following arpeggios are not required by Trinity but are recommended

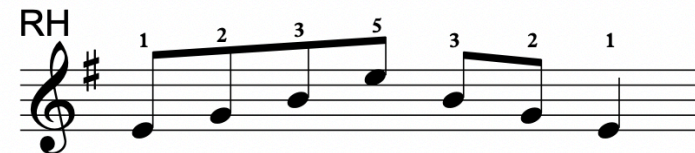
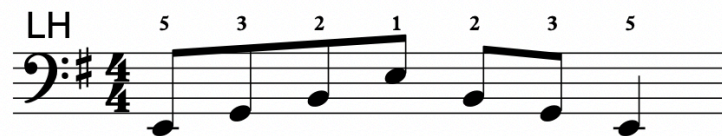
Hands separate one octave arpeggios of C major (Required by LCM)



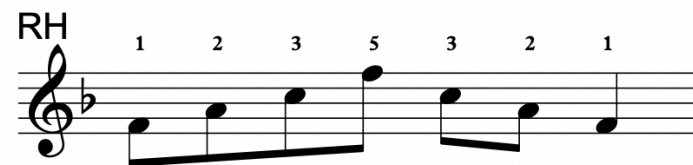
Hands separate one octave arpeggios of D minor (Required by LCM)



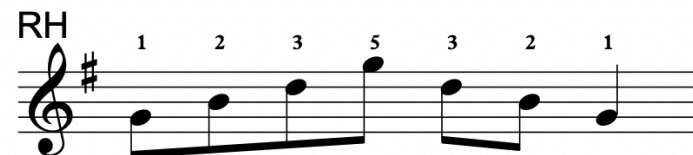
Hands separate one octave arpeggios of E minor



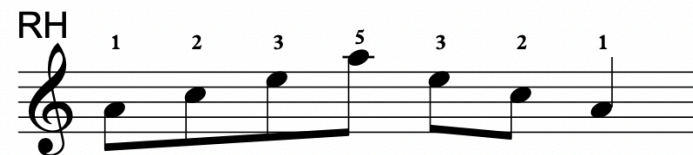
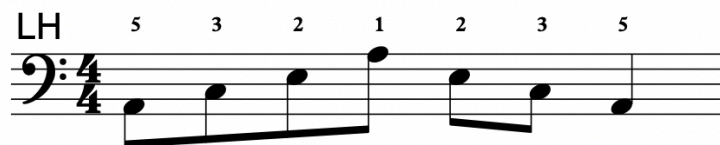
Hands separate one octave arpeggios of F major (Required by LCM)



Hands separate one octave arpeggios of G major (Required by ABRSM)

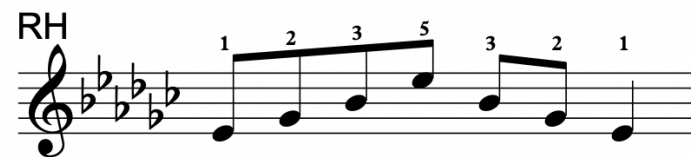


Hands separate one octave arpeggios of A minor (Required by ABRSM)

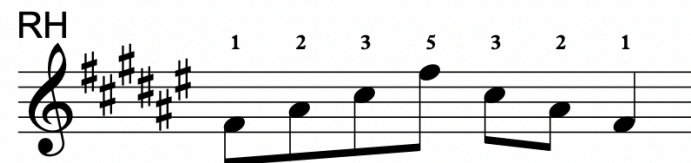
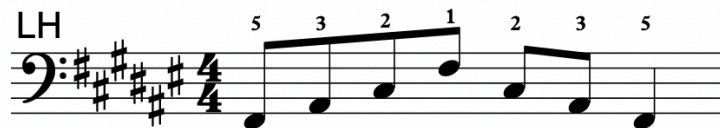




Hands separate one octave arpeggios of Eb minor



Hands separate one octave arpeggios of F# major



## LESSON 14

### Right-hand one octave Chromatic scale on D



### Left-hand one octave Chromatic scale on D



### Contrary motion one octave Chromatic scale on D (Required by Trinity)

Musical notation for the Contrary motion one octave Chromatic scale on D. The scale is written on a grand staff (treble and bass clefs), spanning one octave from D4 to D5. The right-hand part is the same as the Right-hand one octave Chromatic scale on D. The left-hand part is the same as the Left-hand one octave Chromatic scale on D. The notes are grouped by beams. The lyrics "pin - cers" are written under the first group of notes, and "&" is written under the second group of notes.