

Here is an outline of the activities that should be included in a Foundation Programme student's 45-minute lesson.
The order of activities can be revised as needed.

Foundation Lesson

DURATION (MIN)	ACTIVITY
10	Introducing new pieces (2-4 pieces)
10	Polishing in progress pieces (3-4 pieces)
5	Performance of review pieces (2-4 pieces)
2	Tonal ear training
2	Rhythmic ear training
5	Improvisation
10	Reading notation (2-3 sight-reading flashcards and interval practice activities)
1	Review assignment for next week and reflection on previous week practice