



THE GLASGOW SCHOOL OF MUSIC

Weekly Practice Planner

A printable planning tool for students and families

GSOFM PRACTICE PRINCIPLE

A good practice week starts with one clear plan.

GSofM Academy Practice Principle

RES-004 | VERSION 1.0 | PUBLIC RESOURCE

Printable - Practical - Calm - Repeatable

DOCUMENT CONTROL

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A controlled public-facing Academy planner for students, parents and tutors.

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GSOFM PRACTICE PRINCIPLE

This planner is designed to support routine, not create pressure.

Use alongside tutor advice

USER GUIDE

How this planner should be used

The planner gives students and families a simple weekly structure for turning lesson notes into useful practice.

It can be printed, copied, or used digitally. The aim is not to record every minute perfectly. The aim is to make the student's main practice target visible, keep the week realistic, and make the next lesson easier to prepare for.

Use	Recommended approach
At the lesson	Write the main target, pieces, technical work and any tutor notes.
During the week	Use short entries to record what was practised and what improved.
Before the next lesson	Identify what still needs help and bring a clear question.

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SECTION 01

Weekly Planning Method

A realistic plan beats an ambitious plan that nobody uses.

PLANNING PRINCIPLE

One week, one main focus

The most useful practice plan begins with a clear priority.

A student may have several pieces or tasks, but each week should still have one main focus. This helps parents understand what matters most and helps the student avoid treating all tasks as equally urgent.

Question	Example answer
What is the main target this week?	Bars 9-12 hands separately; improve rhythm before speed.
What should be maintained?	C major scale, right-hand pattern, first piece play-through.
What needs tutor help?	Left-hand fingering still feels awkward.

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Planning removes guesswork from practice.

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PRACTICE BALANCE

Target, technique, music

A strong week includes focused work and musical enjoyment.

Area	Purpose	Example
Target	The specific improvement from the lesson.	Slow work on one passage.
Technique	The skill-building material.	Scale, warm-up, rudiment, bowing or breathing.
Music	The expressive or enjoyable part.	Play a piece, song, phrase or ending musically.

GSOFM PRACTICE PRINCIPLE

A planner should make practice easier to start, not harder to understand.

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SECTION 02

Weekly Planner Pages

Use these pages repeatedly. The structure is deliberately simple.

WEEKLY PLANNER

Week 1

Use this page to turn lesson notes into a practical weekly plan.

Student: _____

Week beginning: _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 2

Use this page to turn lesson notes into a practical weekly plan.

Student: _____

Week beginning: _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 3

Use this page to turn lesson notes into a practical weekly plan.

Student: _____ **Week beginning:** _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 4

Use this page to turn lesson notes into a practical weekly plan.

Student: _____ **Week beginning:** _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 5

Use this page to turn lesson notes into a practical weekly plan.

Student: _____ **Week beginning:** _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 6

Use this page to turn lesson notes into a practical weekly plan.

Student: _____

Week beginning: _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 7

Use this page to turn lesson notes into a practical weekly plan.

Student: _____ **Week beginning:** _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week

WEEKLY PLANNER

Week 8

Use this page to turn lesson notes into a practical weekly plan.

Student: _____ **Week beginning:** _____

Main practice focus: _____

Day	Planned time	Main task	Completed
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Tutor note / question for next lesson

One thing that improved this week



SECTION 03

Daily Practice Logs

Short notes are enough. Do not turn practice into paperwork.

DAILY LOG

Practice Session Record 1

Use this when a student needs more detail than the weekly planner.

Date: _____ **Instrument:** _____ **Time:** _____

Section	Notes
Main target	_____
Warm-up / technique	_____
Piece or song	_____
Problem area	_____
What improved?	_____
Question for tutor	_____

Session Quality Check

- I practised slowly where needed.
- I repeated the corrected version.
- I finished by playing something musically.

DAILY LOG

Practice Session Record 2

Use this when a student needs more detail than the weekly planner.

Date: _____ **Instrument:** _____ **Time:** _____

Section	Notes
Main target	_____
Warm-up / technique	_____
Piece or song	_____
Problem area	_____
What improved?	_____
Question for tutor	_____

Session Quality Check

- I practised slowly where needed.
- I repeated the corrected version.
- I finished by playing something musically.

DAILY LOG

Practice Session Record 3

Use this when a student needs more detail than the weekly planner.

Date: _____ **Instrument:** _____ **Time:** _____

Section	Notes
Main target	_____
Warm-up / technique	_____
Piece or song	_____
Problem area	_____
What improved?	_____
Question for tutor	_____

Session Quality Check

- I practised slowly where needed.
- I repeated the corrected version.
- I finished by playing something musically.

DAILY LOG

Practice Session Record 4

Use this when a student needs more detail than the weekly planner.

Date: _____ **Instrument:** _____ **Time:** _____

Section	Notes
Main target	_____
Warm-up / technique	_____
Piece or song	_____
Problem area	_____
What improved?	_____
Question for tutor	_____

Session Quality Check

- I practised slowly where needed.
- I repeated the corrected version.
- I finished by playing something musically.



SECTION 04

Progress and Problem-Solving

**When practice gets stuck, make the problem
smaller.**

PROBLEM-SOLVING SHEET

When something feels stuck

Use this before repeating the same mistake again.

Prompt	Response
What exactly is difficult?	<hr/> <hr/>
Where does it begin and end?	<hr/> <hr/>
Can I make the section smaller?	<hr/> <hr/>
What speed allows accuracy?	<hr/> <hr/>
What should I ask my tutor?	<hr/> <hr/>

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Name the problem before trying to solve it.

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FOUR-WEEK REVIEW

What is changing over time?

Use this page every four weeks to see progress more clearly.

Week	Main focus	What improved?	Still needs help
1	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Review Questions

- Am I practising more consistently?
- Is my main piece improving?
- Do I know what to ask my tutor next?



SECTION 05

Repertoire and Technique Tracking

**Track the work without making the system
complicated.**

EXAM OR PERFORMANCE TRACKER

Preparing to be heard

Use this page only when a student is preparing for an exam, recital, audition or informal performance.

Area	Current status	Next action
Piece 1	_____	_____
Piece 2	_____	_____
Piece 3	_____	_____
Technique	_____	_____
Sight-reading / reading	_____	_____
Aural / listening	_____	_____
Performance confidence	_____	_____



SECTION 06

Parent and Tutor Communication

Good communication keeps practice calm and purposeful.

PARENT SUPPORT PAGE

What helped this week?

Parents can use this page to support practice without becoming the teacher.

Home Practice Support

- The student knew the main focus.
- Practice times were realistic.
- The instrument and materials were ready.
- Effort was praised specifically.
- Questions for the tutor were written down.
- Practice ended calmly.

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The home routine should support the lesson, not replace it.

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FINAL WEEKLY CHECKLIST

Before the next lesson

This page gives the student a simple pre-lesson check.

Before the Next Lesson

- I know my main practice focus.
- I practised the target section more than once.
- I can say what improved.
- I can say what still needs help.
- I have my music and notebook ready.
- I have written any questions for my tutor.

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A clear lesson starts with a clear practice week.

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RECOMMENDED NEXT RESOURCES

Continue the Academy pathway

This planner sits inside the wider GSofM Academy Resource Library.

ID	Resource	Use
RES-001	The Complete Parent Guide to Music Lessons	Broad guidance for families.
RES-002	Preparing for Your First Lesson	First-lesson preparation.
RES-003	How to Practise Effectively	Practice method and problem-solving.
RES-005	Music Practice Journal	Longer-term practice record.

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Practice becomes easier when the next step is visible.

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The Glasgow School of Music

GSofM Academy Resource Library

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Lessons in Music, Skills for Life

The Glasgow School of Music

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