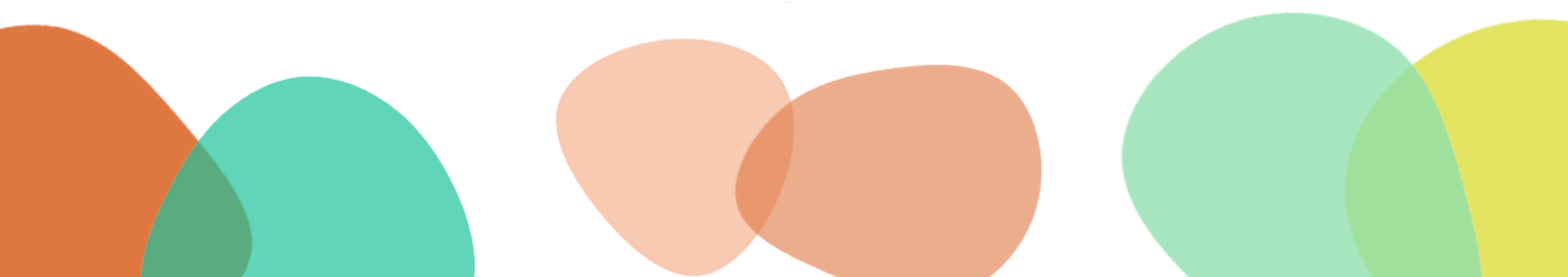


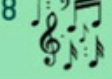


Skoove

**How to play piano: 21 days challenge for
beginner learners [2025]**



CALENDAR FOR 21 DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 Sharp Flat 
14 	15 	16 	17 	18 	19 	20 
21 	22	23	24	25	26	27
28	29	30	31			

Welcome to Skoove's 21-Day Piano Challenge!

Designed for absolute piano beginners, this course offers a clear path to building essential piano skills in just three weeks. Through daily 30-minute practice sessions, you'll learn fundamental techniques, play melodies and chords and explore basic music theory. With structured guidance and diverse song selections, you'll gain the confidence to continue your piano journey and deepen your love for music.

Goals for the program

- Develop familiarity with the piano keyboard layout and basic hand positioning.
- Understand fundamental music theory concepts such as note names, rhythms, and basic terminology.
- Learn to play piano with simple melodies with both hands and separately.
- Develop proper posture, hand technique and finger dexterity.
- Build confidence in reading basic sheet music notation.
- Gain an understanding of basic chords and their formations.
- Cultivate a practice routine and habits for consistent improvement.
- Develop listening skills to recognize musical patterns and dynamics.
- Explore different musical styles and genres to expand musical appreciation.
- Lay down a solid foundation for further exploration and advancement in piano playing beyond the 3-week program.

Practice log:

Be sure to log each day with our handy practice log to help you reflect on your progress both throughout and at the end of this three week piano journey.



Week 1: Laying the foundation: how to learn piano



1st week goals



Day 1: Keyboard familiarization

Welcome today 1 of our 21 day piano for beginners course. Each day will feature a practice session with clear goals so you can effectively mark your progress

Day 1 Goals:

- Spend 10-15 minutes familiarizing yourself with the layout of the piano keyboard.
- Identify and memorize the names of the notes from C to G on both the treble and bass clefs. Look through the Beginner 1 lessons on the Skoove app. Practice saying the names of the notes as you locate them on the keyboard
-



1st Week Goals

Familiarization with the keyboard	- Learn the layout of the piano keyboard, including black and white keys. - Identify and memorize the names of the notes from C to G on the treble and bass clefs.
Basic hand positioning and posture	- Practice placing hands on the keyboard with correct finger positioning. - Focus on maintaining proper posture while sitting at the piano bench.
Introduction to rhythms and timing	- Understand the concept of beats, measures, and rhythm. - Practice tapping along with simple rhythms such as quarter notes, half notes, and whole notes.
Playing simple melodies	- Learn to play a simple melody using the right hand only, focusing on accuracy and finger control. - Practice playing short melodies with varying rhythms to develop coordination.
Introduction to basic music notation	- Learn to read and interpret basic sheet music notation, including note symbols and rhythmic values. - Practice identifying and playing notes on the staff corresponding to the keys on the piano.
Daily practice routine	- Establish a daily practice routine, aiming for 30 minutes of focused practice each day. - Set achievable practice goals for each session, focusing on specific skills and exercises incorporating Skoove lessons
Reflection and progress tracking	- Reflect on the progress made during the week, noting areas of improvement and challenges faced. - Keep a practice journal or log to track daily practice time and observations.

Ready to take on the full 21-day journey?

[Grab your free challenge PDF](#) and start playing today!

