* Each lesson below has many sub-lessons.
* **Record the stars achieved** for every sub-lesson within the **day column**.
* Students are advised to use their own judgement when deciding how many sub-lessons to complete in a day.
* If **too easy,** move on to next lesson. - If **too difficult**, move to the next lesson **after** completing 3 or 4 sub-lessons.

Continue sub-lessons on subsequent days, until achieving 3 stars consistently.

* After completing lessons, play some games from the games detailed on separate sheets.
* **EVERY DAY** after practising complete the **1 minute time test** as this will track your progress

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Lesson** | **Stars**  **Mon** | **Stars**  **Tues** | **Stars**  **Wed** | **Stars**  **Thurs** | **Stars**  **Fri** | **Stars**  **Sat** | **Stars**  **Sun** |
| 17 Home Row Left Hand |  |  |  |  |  |  |  |
| 18 Home Row Right Hand |  |  |  |  |  |  |  |
| 22 Home Row Review |  |  |  |  |  |  |  |
| 23 Play Home Row |  |  |  |  |  |  |  |
| 32 Top Row Left hand |  |  |  |  |  |  |  |
| 33 Top Row Right Hand |  |  |  |  |  |  |  |
| 34 Play RUEI |  |  |  |  |  |  |  |
| 38 Play Top 6 keys |  |  |  |  |  |  |  |
| 45 Play Top Row |  |  |  |  |  |  |  |
| 47 Review Home and top |  |  |  |  |  |  |  |
| 48 Top Row Left |  |  |  |  |  |  |  |
| 49 Top Row Right |  |  |  |  |  |  |  |
| 51 Play Top Row |  |  |  |  |  |  |  |
| 55 Travel R Index |  |  |  |  |  |  |  |
| 56 Travel L Index |  |  |  |  |  |  |  |
| 68 Travel L Ring |  |  |  |  |  |  |  |
| 72 Travel R Pinky |  |  |  |  |  |  |  |
| 74 Play bottom Row |  |  |  |  |  |  |  |
| 79 Bottom Row Left |  |  |  |  |  |  |  |
| 80 Bottom Row Right |  |  |  |  |  |  |  |
| 84 Travel L All |  |  |  |  |  |  |  |
| 85 Travel R All |  |  |  |  |  |  |  |
| 86 One small space |  |  |  |  |  |  |  |
| 88 Dynamic Practice |  |  |  |  |  |  |  |
| 93 Practice Right hand |  |  |  |  |  |  |  |
| 99 Practice Left Hand |  |  |  |  |  |  |  |
| 111 Practice Left Hand |  |  |  |  |  |  |  |
| 117 Practice Right hand |  |  |  |  |  |  |  |
| 126 Dynamic Practice |  |  |  |  |  |  |  |
| 139 Capitals |  |  |  |  |  |  |  |
| 145 FJDK |  |  |  |  |  |  |  |
| 159 GHTY |  |  |  |  |  |  |  |
| 166 RUEI |  |  |  |  |  |  |  |
| 173 WOQP |  |  |  |  |  |  |  |
| 177 Travel Index |  |  |  |  |  |  |  |
| 188 Travel Middle |  |  |  |  |  |  |  |
| 189 Travel Ring |  |  |  |  |  |  |  |
| 190 Travel Pinky |  |  |  |  |  |  |  |

If you have ANY problems email me at [caroline@achievenow.org.uk](mailto:caroline@achievenow.org.uk) including your telephone number