



Class:		Beginner Jazz	
Age:		6-8 Years Old	
Class Segment	Skill/Position	Activity Description	Teacher notes
Stretch/Warm-up	Cardio warmup	Jumping jacks 4 x 8 counts	Use an upbeat and energetic song to get the class excited to dance!
		Run in place 4 x 8 counts	
		High knees 2 x 8 counts	
	Stretch	Butterfly, stretch forward 2x8 counts	Add in other stretches as necessary, this is just a basic outline!
		Straddle, reach right left and center 2x8 counts each	
		Pike stretch, pointing and flex toes	
		Alternate pointing and flexing one foot at a time, roll ankle in circle one at time	
		Cobra stretch, stretch feet towards head	
		stretch wrists/shoulders	
Across the Floor	Jazz walks	Forward jazz walks	Focus on style and finding the rhythm of the song
		Side jazz walks (facing the mirror and stepping to the side)	
	Pas de bourres	Right and left side, facing the mirror	
		Start with hands on hips first	
	Degages (Battement prep exercise)	Degages to the front/devant (alternating right and left legs)	Watch for lifted hips and bent supporting legs. This is a prep excersize to prepare for full battements
		Degage to the side/second (alternating right and left leg)	
		Degage to the back (alternating right and left legs)	
	Chasses	Facing the mirror, tendu to the side and "chase" your front leg	Keep hands on hips at first. Then add in arms in 1st
		Facing the side of the room tendu to the front and "chase" your front leg	
Barre	Pirouette prep	(keep both hands on the barre for balance)	working on the pattern of tendu>plie>passe . Can add releves once ready!
		Tendu to the side, plie in 4th	
		Press up to passe	
		Try to let go of the barre once you have your balance!	
Short combo	Teach 3-5 eight counts that include the following skills worked on in class:	Pas de bourres	
		chasses	
		Pirouette prep	
		Jazz walks	
		Pivot turns	
		Rhythm steps: hip shakes, step-clap, etc.	
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