


<div>  </div>			
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	
		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	
	Leg extensions on the floor	Starting in butterfly, grab the inside of your right foot	Make sure they dont lift their hips off the ground
		Extend to the side, hold for 8 counts	
		Repeat with left side	
		Repeat with both legs	
Battements	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)	
	Battements (90 degrees)	To the front (alternating right and left legs)	Watch for lifted hips and bent supporting legs
		To the side (alternating right and left legs)	
Turns	Pirouette prep *using the barre*	(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!	
	Pivot Turns	Right and left sides, hands on hips	
Leaps	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	
	Standing leaps		Start with standing leaps before doing chasse step leaps and other combos. This will help them nail the legs, feet, and upper body of the leap before adding in extra steps
		Jumping from 2 legs (landing on the floor is optional)	
		lay out 4 dots across the floor	
	Leaps across the floor	Have students jazz walk to each dot	Looking for straight back legs, and understanding the movement of the leap
		Degage and leap over each dot	