



| Class: | | Beginner Jazz | |
|-------------------------|-----------------------|--|---|
| Focus Skill: | | Battements | |
| Age: | | 6-8 Years Old | |
| Class Segment | Skill/Position | Activity Description | Teacher notes |
| Warm-up | Cardio | 4x8 jumping jacks; 4x8 high knees; 4x8 "butt kicks" | Keep energy high with an upbeat track. |
| Stretch | Plié & Relevé | 4x8 Slow pliés and relevés in Parallel 1st and 2nd | Focus on ankle alignment; no "wobbling." |
| | Hamstrings & Core | Seated pike stretch; Straddle reach; Plank hold (24 counts) | Pull the belly button to the spine. |
| At the Barre | Battements | Tendus and degages en croix, R and L | Brushing through the floor, straight knees & pointed toes before you can move on to battements! |
| | | Facing the barre, in parallel first, brush grand battement to the back. Alternate right and left side | Watch knees of both supporting and working legs - Make sure they stay straight! |
| En Centre | Active Stretch | Laying on back: "Scissors" (controlled leg lowers/lifts) | Keep the lower back pressed into the floor. |
| | Parallel 1st | Battement to the front (alternating R and L) | Hands on hips; check for "quiet" upper bodies. |
| | Second Position | Battement in second | Focus on keeping the supporting heel down. |
| Across the Floor | Battements | Step-kick (battements) across the floor (right and left, to the front) | Keep the supporting leg "glued" to the floor. |
| End of Class | Combination | Short combination (4-8 eight counts) incorporating battements to the front, back, and/ or side. Other skills: chainnes, chasses, single turn/prep, sissone | Encourage "performance faces" and sharp arms. |
| | | | Review the word of the day: Battement. |

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