

FOR DANCE  
TEACHERS

# LESSON LEAP

Class:		Beginner Jazz	
Skill Focus:		Prep for Battements and Pirouettes	
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 don't lift their hips off the ground
		Extend to the side, hold for 8 counts	
Repeat with left side			
Repeat with both legs			
Battement Prep	Start at the barre	Practice tendus to the front, side, and back	Watching for squared hips, straight knees, and pointed toes
		Explain the mechanics of a degage	
		Practice degages to the front, side, and back	
	Move to center floor	Moving to center floor, keeping hands on hips.	Same notes as above
Turns	Pirouette prep	Tendu to the side, plie in 4th	Working on the pattern of tendu > plie > passe. Can add releves once ready!
		Push up to passe (en flat first, then releve)	
	Pivot Turns	Break down skill. Practice right side repeatedly then left side	See this lesson plan for a breakdown of how I teach pivot turns.
Across the Floor	Sassy / Jazz Walks	Sassy walks across the floor, one at a time	Objective is to grow their confidence and performance quality!
		Can give them direction or freedom on arms, head movement, etc	
	Pirouette Prep	Set 3-4 dots out across the floor. Have the dancers jazz walk to each dot and do their pirouette prep to posse	No turns yet! Just posse balance on flat or releve, depending on the class' level
	Degages	Practice degages and brushing your foot to the front through parallel, alternating right and left legs	Focus here is to actually brush through the floor.
Repeat exercise facing the back, brushing the legs behind you		Keep hands on hips or in a "T" for stability	