



Class:		Beginner Jazz	
Focus Skill:		Battements and Chasses	
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 kicks (controlled leg lowers/lifts)	Keep the lower back pressed into the floor.
	Battements to the Front	Battement to the front (alternating R and L)	Hands on hips; check for squared hips
	Battements to the Side	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)	
	Chasses (facing the mirror)	Explain that chasses involve chasing your front foot, and they meet in the air. Practice altogether before going across the floor	Kids can pick these up pretty quickly! So I typically skip the center floor practice and just introduce it as they go across the floor
Keep hands on hips. Repeat left side			
End of Class	Combination	Short combination (4-8 eight counts) incorporating battements to the front, back, and/ or side. Other skills: pivots, chasses, pirouette prep, jazz walks	Encourage faces
			Review the word of the day: Battement.