



Class:		Beginner Jazz	
Skill Focus:		Single Turn Pirouettes and Leap Prep	
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	Make sure they don't lift their hips off the ground
		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			
Leap Prep En Centre	Sissones	Explain that a sissone is when you jump with two feet, and land on one foot. Have class repeat that definition out loud several times	I have them tuck & land on the floor in the beginning bc it is cleaner! Focus on 1 side for this first week. Introduce the other side at week 2
		Start in fifth position, walk through arms: Beach ball to high "V" Demonstrate and practice sissones on right side altogether	
Leap Prep En Centre	Breakdown Run-Run Leap	Walk through mechanics of run-run, then leaping from one leg to another	Full post on this topic coming soon!
		Practice altogether on right side several times	
Turns En Centre	Pirouette Prep (Balance)	Tendu to the side, plie in 4th	Working on the pattern of tendu > plie > passe.
		Push up to passe (en releve. Repeat left side.	
	Half Turns	Demonstrate & explain "Spotting" (see notes).	Focus on spotting head
		Demonstrate & practice half-turn pirouettes, landing to the back. Then turn back to the mirror	
Single Turns	Demonstrate, explain & practice single turns on the right side only. (Add left side in later weeks)	Strong arms throughout	
Across the Floor	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	
	Pirouette Prep Across the Floor	Set up 3-4 dots across the floor. Have the dancers jazz walk to each dot and do their pirouette prep to posse	No singles across the floor yet, focus on doing those facing the mirror in center. Instead have them go across the floor practicing balancing their posse en releve
	Sissones	Set out 3-4 dots across the floor. Have students jazz walk (or chasse) to each dot, land in fifth, then sissone to the floor.	Start with sissones 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
	Run-Run-Leap	Set out 3-4 dots across the floor. Have students take 2-3 steps in between each dot, then they leap up & over the dot.	This is simply an introduction to a jete leap, do not expect perfection or full understanding yet! There are a lot of mechanics involved and this is just the start. Repetition is key