



Class:		Beginner Jazz		
Focus Skill:		Pas de Bourree and Leap Prep		
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"		
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.	
En Centre	Active Stretch	Laying on back: "Scissors" (controlled leg lowers/lifts)	Keep the lower back pressed into the floor.	
	Parallel 1st	Grand Battement to the front (alternating R and L)	If they aren't ready for these en centre you can do them at the barre. Hands on hips; Not lifting hips or rotating.	
	Second Position	Grand Battement à la seconde	Focus on keeping the supporting knee straight	
	Skill Intro: Pas De Bourree		Break down step: A Pas de bourree is a sequence of three steps where you cross in front or behind you	Repeat the word out loud as many times as you can + have class repeat it back to you
			Start with hands on hips. Practice footwork: Step to 2nd, cross behind in 5th, step out to 2nd, close in 5th (or first)	
		Add plie to both 2nd positions Add releve to 5th position cross		
Across the Floor	Pas De Bourree traveling Across the floor	Repeat pas de bourrees continuously all the way across the floor. Keep hands on hips or in 2nd	Can add a drag/rond de jambe or other movements in between each pas de bourree	
	Pas de bourrée to posse/pirouette prep	Practice pas de bourreee to land in fourth facing the front, and come up to a posse on releve. Repeat across the floor and to the left side	Pas de bourrees are common steps to bring you to a pirouette prep	
	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.	Refer to <a href="#">Beginner Jazz Lesson Plan #3</a> for a breakdown of how I teach leaps	
	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.	(2nd week of doing this) Once they have the basic mechanics of the leap they should be working towards straightening knees, pointing toes, not "swimming through" with your upper body	
End of Class	Combination	Short combination (4-8 eight counts) incorporating pas de bourree, battements, sissones, chasses, pivots, pirouette/prep.	Review the word of the day: Pas de Bourree	