



Class:		Intermediate Jazz	
Focus Skill:		Intermediate Turns	
Age:		9-11 Years Old	
Class Segment	Skill/Position	Activity Description	Teacher notes
Warm-up	Cardio	4x8 jumping jacks; 4x8 high knees; 4x8 jog in place	Keep energy high with an upbeat track.
	Core Training	Sit ups/crunches, V-Ups, lemon squeezes, side crunches, planks, etc.	Create your own ab routine to a set song that students will repeat every week
Stretch	Standard Jazz Stretch	Straddle, plank, flex/point feet, cobra, shoulders/wrists, neck	
	Leg Holds on Floor	Laying on your back, have dancers lift one leg at a time and hold. Flex/point, bend knees, etc	
	Splits	Right, left, and middle	Watch hip alignment! Keep shoulders square to front
En Centre	Heel Stretch / Tilts	Start in Tendu second, bring leg up to hand (holding inside of foot), bring leg up to a heel stretch.	Challenge: Try to let go of your leg and hold it! Then slowly lower
		Practice tilting over to the side	
Across the Floor	Pirouettes	Pas de bourree step prep to fourth, facing the front. Hold a balance and land in second on releve. Repeat with single, doubles, then back to balance. Repeat left side	
	Pencil Turns	Pas de bourree to fourth. Hold balance in pencil, repeat with single and double. Repeat left side	Look for high releves!
	Pique Chaine	Pique, chaine, step prep in fourth to a single or double pirouette (or pencil turn). Repeat left side	Spot changes from side to front
	Chasse Step Leap	Chasse step leap across the floor. Repeat left side	Watch heels on those chasses! Keep feet pointed
End of Class	Short Combo	Create a short combo using skills from class (pirouette, pencil, pique, chaine, chasse leap, heel stretch/tilt)	