

FOR DANCE TEACHERS LESSON LEAP			
Class:		Beginner Acro	
Age:		6-8 Years Old	
Skill Focus:		Heel Stretch and Cobra	
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	
		8 Push-Ups	
	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	
		Child's Pose	
		IMPORTANT: 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	
Floor Work	Floor Battements (different from leg extensions, more like a tilt on the ground, leaning on their elbow)	Start in butterfly, lean to left elbow & grab inside of right foot (cupping the heel)	Watch how they grab their feet! Many kids try to grab from the back, causing them to lift and twist their hips
		Extend to the side, hold for 8 counts	
		Repeat with left side	
	Cobra Pose W/ Variations	Try cobra pose, bending knees and bringing toes to head	
		Practice switching legs with pointed toes	
		Bring feet down and straigten knees, then try releasing 1 hand and still holding the cobra pose.	
		Switch and try the other arm	
		End with child's pose stretch	
At the Barre	Heel stretch	Hold the barre with one hand	Watch how they grab their feet! Many kids try to grab from the back, causing them to lift and twist their hips
		Tendu, bring foot up to arm	
		Extend to heel stretch	
		Repeat with left side	
Acro Across the Floor (use a mat for beginners)	Forward Rolls	Start by demonstrating and explainaing how to tuck in your head when you roll!!!! See full explanation above	Super important that they are tucking their heads to prevent injury. tell my kids to think there is super glue sticking your chin to your chest
		Stand with feet together, hands over your head	
		Bend and roll forward, tucking your head	
	Straight Leg Straddle rolls	Land with feet in front and try to stand up in between rolls	Builds excellent core strength
		Start in straddle with straight legs	
		Forward roll in the straddle	
		Land on the mat in a straddle, work on trying to push to another consecutive roll	
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