



Class:		Beginner Jazz	
Focus Skill:		Leaps	
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	
	Hamstrings	Pike and straddle stretch, flexing and pointing feet.	Pull the belly button to the spine.
	Core 3-2-1	30 Second Plank 20 Sit Ups 10 Push Ups	
En Centre	Active Stretch	Laying on back: "Scissors" (controlled leg lowers/lifts)	Keep the lower back pressed into the floor.
	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	
	Skill Breakdown: Leap	Practice leap over dots, keep hands on hips first then add arms	See explanation at the top of the post!
Across the Floor	Pas de bourrée to posse/pirouette	Practice pas de bourrée to land in fourth facing the front, and come up to a posse on releve (or do a single turn) Repeat across the floor and to the left side	Refer to Lesson Plan #3 for breakdown in Pirouettes
	Battements	Step-kick (battements) across the floor (right and left, to the front)	Refer to Lesson Plan #2 for breakdown on battements
	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.	Refer to explanation at the top of the post
End of Class	Combination	Try to challenge them with a more intermediate level combination!	