

Jazz Skills by Quarter | All Stars

Quarter 1 (September/October)

Review all Kinderstars skills in Quarter 1

- Warm-up/Center
 - Isolations: ribs, contract and extend
 - Butterfly
 - Sit up, roll down (sit in pike, roll slowly to back then sit up quickly with straight back)
 - Articulation of the feet
 - Plie relevé
 - Pivot turn with arms forward and backward
 - Chassé rock step
 - Charleston
 - Mirroring – partner exercise
 - Stage directions
- Locomotor
 - Jazz walk and run with pivot turns (forward and backward)
 - Quick runs in parallel
- Turns
 - Prep for a pirouette on flat and relevé
 - Chainé turns slowly on flat hands on shoulders (this was introduced in Kinderstars)
- Jumps/Other Tricks
 - Parallel pas de chat
 - Passé jump turned in
- Leaps
 - Polka
 - Hopscotch

Quarter 2 (November/December/January)

- Warm-Up/Center
 - Cross touch front and back
 - Positions of the feet (relevé, forced arch, retiré in parallel, coupé)
 - Splits R/L, middle l
- Locomotor
 - Grapevine
- Turns
 - Prep for pirouette on relevé
 - Chainé turns on flat with arms

Quarter 3 (February/March)

- Warm-up/Center
 - Cross ball change
 - Kickball change
- Locomotor
 - Jazz walk with arm improvisation/coordination
 - Chasses forward switching legs
 - Triplet step
- Kicks
 - Battements through 1st
- Turns
 - Quarter pirouette
 - Chainé turns on releve with arms
- Jumps/Other Tricks
 - Donkey split ball pose slide through
- Leaps
 - Chassé step leap

Quarter 4 (April/May)

- Warm-Up/Center
 - Body rolls
 - Quarter rond de jambe turned out with a straight standing leg
 - Pas de bourree (back, side, front)
 - Mirroring – partner exercise
 - Stage directions
- Kicks
 - Kicks to the side
 - Leg swings with a freeze to the front

Brain Break/Movement Game Ideas

- **“Ice Cream” Game**
 - Switching between ballet songs to fit the movement have students skip around the room “like you’re going to the ice cream store”, “open the door and go inside” (music off), gallop “through the line at the store”, walk on relevé “looking at all the flavors”, “pick your flavor, pay for it, and get your ice cream” (music off), dance around the room “with ice cream”.
- **“Hot Chocolate” Game**
 - Just like the “Ice Cream Game”, but going to get hot chocolate instead!
- **“Beautiful Arms”**
 - Begin sitting sideways on the L hip, feet and knees bent back to the R, weight partially resting on the L arm (“sitting like a mermaid”). Using R hand, pick up an imaginary seashell with the thumb and middle finger. Arm lifts up and over head in a rainbow to set seashell in an imaginary basket by feet. Repeat 4-8x. Shift legs to other side and repeat.
- **“Umbrella” Game**
 - Have students dance “with an umbrella” in different weather: sunshine (big and happy), rain (jump in and over puddles), snow (fast and small), and wind (wind pulls umbrella around in spins). Switching between ballet songs to fit the movement.
- **“Fast & Slow”**
 - Have students dance to different tempos of music. Practice recognizing the difference in tempos and making their bodies move at different speeds.
- **“Dynamics” Game**
 - Teach students that dynamics are how a dancer moves (fast/slow, strong/soft, round/sharp, etc). Give the students a word/dynamic to dance like!
 - Fluffy: “What is fluffy?” Clouds, pillows, etc.
 - Circles: “What body parts can make circles?”
 - Slow motion: “Move like you’re under water, stuck in honey, etc.”
 - Earthquake: “The floor is shaking!”
 - Sharp: Quick sustained movements that have a pause between them.
- **“Monster Mash”**
 - Each student gets a scarf and the different colors indicate what type of “monster” they should dance like. Red: Vampire. Orange: Scarecrow. Yellow: Skeleton. Green: Zombie. Blue: Ghost. Purple or Pink: Witch/Wizard. Black: Werewolf.
- **“Turkey Wobble” on iTunes**
- **“Build A Snowman”**
 - Pretend to build a snowman and dance with it! Fun to do to The Nutcracker Snow song. Standing on their dot, sway side to side with hands pretending to be snow falling. Plié in 1st position feet with arms doing basic port de bras to “build” the snowman’s body. Decorate the snowman! Put a hat on, eyes, nose, mouth, arms, give it a scarf and some buttons! Now dance with your snowman!
- **Freeze Dance**
 - **“Party Freeze Dance Song”** on Spotify
 - **With Arm Positions:** Every time the music stops, call out a different arm position (en bas, 1st, 2nd, 3rd, T, L, high or low V) and students have to quickly do their arms.
 - **With Balances:** Have students dance to different tempos of music. Pause the music every 20-30 seconds and students must balance in their retiré position!
- **Mirroring**

- Have students face each other and take turns being the leader with simple arm and leg movement (not moving from dots).
- **“Stage Directions” Game**
 - Teach stage directions. Make sure to explain why we call it upstage and downstage (“stages used to be tilted!”). Then call out a stage direction and a movement skill to go to that place (i.e. jazz run stage R, walk to stage L and do a heel stretch, etc.)

ALL STARS JAZZ/BALLET

Q1, Sept, Lesson 1



3 min Get to know names

- Have students all sit in a circle. Hand one student a bean bag/ball. That student will slide the bean bag to another student in the circle. Then everyone in the circle must say that student's name. That student will slide the bean bag to another student and then scoot out of the circle. Continue until no students are left. In the end, don't forget to have all of the students say your name!

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get student's heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side, shake with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving. **This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.**
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs.
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling).
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward 1 inch, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.

7-10 min Center Floor Skills

- Practice "listening position" (or whatever phrase works best for you). Talk about what listening position is, voices quiet, body frozen, arms held behind back, and eyes on the teacher. Have them wiggle around then say "listening position" and they have to freeze and look at you.
- Arm positions standing up using Simon says! Practice them all together first: "V" low and high, "T", "L" low and high, parallel arms up, diagonals, and 1st position. Really focusing on straight arms, shoulders down, palms towards the floor. Can include "listening position" for extra practice.
- Learn/review the places of the room and stage directions. Make sure to explain why we call it upstage and downstage ("stages used to be tilted!"). Where to go and what to do when you say the following commands: center, line up/across the floor, make a circle, diagonal/corner, stage R/L, upstage, downstage. Talk about what to do when going to each place (voices quiet, bodies frozen,

eyes on the teacher, standing on dots, etc). Say an area and have them walk/skip/wiggle/crawl to each place.

- This is a good place to insert a brain break activity!
Idea: "Ice Cream Game". Switching between ballet songs to fit the movement have students skip around the room "like you're going to the ice cream store", "open the door and go inside" (music off), gallop "through the line at the store", walk on relevé "looking at all the flavors", "pick your flavor, pay for it, and get your ice cream" (music off), dance around the room "with ice cream".

5-7 min Across the Floor

- Jazz walks with pivot turn. 4 jazz walks forward, step pivot turn, step pivot turn. Practice saying the pattern together first.
- Jazz run (kick bum runs) with partner. Have everyone find a partner and tell them their name and favorite treat. Holding their partner's hand, jazz run across the floor. Find a new partner and tell them their name and favorite treat. Holding their new partner's hand, jazz run in a circle!

5-7 min Center Floor Skills, cont.

- Pirouette prep with relevé separate. Practice legs and arms separate first then put them together. Talk about how the shoulders, hips, and knee of the back leg make a straight line with the back foot in forced arch ("bend your back toe"). Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall. You can practice balancing a bean bag on their head in the prep!
- Spotting. Have everyone face mirror looking at their face. Turn feet to SR, keeping head forward, turn feet to back, keeping head forward, then "spot" turning head to the other shoulder, turn to SL then back to the front. Gradually get faster as they understand. Repeat to the left. Loud clap or sticks to accent the spot. Focus on "spinning" or "twirling" motion with head flip.

5 min In a Circle

- Demi pointe walks with high relevé and straight legs.
- "Flamingo marches" staying on flat feet. Point toe on floor (in tendu devant) in between every march.
- Turn marches into skips! Keeping toes pointed and right by knees, just like in their marches.
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

10 min "Follow Me" Ballet Center

- Review ballet positions of the feet and arms (En bas, 1st, 2nd, 3rd feet + parallel, 1st, 2nd, 3rd, 4th, 5th arms).
- Demi plié in parallel and 1st position. Hands on hips. Talk about how knees stay in line with feet and body goes straight down and up.
- This is a good place to insert a brain break activity!
 - Idea: "Rock, Star, Fireworks" Game. Sit on floor, legs crossed. Hold hands close to chest in fists for "rocks". Open hands, arms reach in front, and stretch fingers out for "stars". Repeat. Clasp hands together close to chest to "light the fuse", then lift fists high to represent the unexploded fireworks going up. Look up as fingers stretch like fireworks exploding. Fireworks sparkle (wiggle fingers) as they float gently to the grounds (hands lower slowly, fingers still "sparkling").
 - Words to say with each arm movement: "Rocks!", "Stars!", "Light the fuse and send it up", "FIREWORKS!", "Sparkle!"

- Beginning port de bras. Standing with feet in 1st position, arms en bas (means low). One arm at a time lift to 1st position, open to 2nd (looking at hand), lower through demi 2nd (looking front). Repeat with other arm.
- Spring point with legs in parallel. Point foot front, demi pli  standing leg, small hop. Repeat 4x each leg, then switching feet. Make sure the front leg is straight and toe pointed with no weight on it. "Dip your toe in the pond, but don't fall in!"
- Saut  in parallel, hands on hips. Demi pli  3 counts, saut , land pli , straighten knees. Talk about pushing the floor away with their toes and straightening knees to get a high jump.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** - Pass off class behaviors/listening eyes for a sticker on their sticker chart.
- **Week 2** - Pass off ballet arm positions.

ALL STARS JAZZ/BALLET

Q1, Sept, Lesson 2



2 min Welcome and get to know you

- While sitting on a dot, have students go around the room and say a name and their favorite thing to do (other than dancing 😊). Don't forget yourself! Then go around the room and place your hand over each student's head. As you do, all other students should say that student's name.

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get student's heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side, shake with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. **Teach bevel (toes out) and sickle (toes in).**
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling).
- **Cobra stretch.**
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward 1 inch, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.

10 min Center Floor Skills

- Arm positions standing up with a memory game! Practice them all together first: "V" low and high, "T", "L" low and high, parallel arms up, diagonals, and 1st position. Really focusing on straight arms, shoulders down, palms towards the floor. Then say 3 arm positions and when you say "go" or clap they have to do those 3 arm positions. Repeat a few times gradually adding on another arm position (4 in a row, 5 in a row, etc).
- Spotting. Have everyone face mirror looking at their face. Turn feet to SR, keeping head forward, turn feet to back, keeping head forward, then "spot" turning head to the other shoulder, turn to SL then back to the front. Gradually get faster as they understand. Repeat to the L. Loud clap or sticks to accent the spot. Focus on "spinning" or "twirling" motion with head flip.

- Pivot turn and heel stretch. Two pivot turns with a step forward (hands on hips), step together to 1st position and heel stretch, finish in tendu derrière. Repeat to L.
- This is a good place to insert a brain break activity!
 - Idea: "Umbrella" Game. Have students dance "with an umbrella" in different weather: sunshine (big and happy), rain (jump in and over puddles), snow (fast and small), and wind (wind pulls umbrella around in spins). Switching between ballet songs to fit the movement.

5-7 min Across the Floor

- Jazz walk forward with claps. Everyone standing in line is clapping to the beat and counting to 8. Make sure dancers know they start after counting to 8.
- Polka. Start slowly. "Step together step hop!" R step forward, L step together, R step forward, hop to switch feet. The leg should swing through naturally, not through passé yet.
- This is a good place to insert a brain break activity!
 - Idea: "Rock, Star, Fireworks" Game. Sit on floor, legs crossed. Hold hands close to chest in fists for "rocks". Open hands, arms reach in front, and stretch fingers out for "stars". Repeat. Clasp hands together close to chest to "light the fuse", then lift fists high to represent the unexploded fireworks going up. Look up as fingers stretch like fireworks exploding. Fireworks sparkle (wiggle fingers) as they float gently to the grounds (hands lower slowly, fingers still "sparkling").
 - Words to say with each arm movement: "Rocks!", "Stars!", "Light the fuse and send it up", "FIREWORKS!", "Sparkle!"

5 min On the Diagonal

- Demi pointe walks **and runs**. High relevé demi pointe walks with straight legs, hands on hips. Put a poly dot halfway across the floor as a marker. Pose in an assigned position (any ballet positions they know) when they get halfway, then switch to ballet runs (same as walks just faster!).
- "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. **Turn marches into skips halfway across the floor.** Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

5-7 min Center Skills, cont.

- Pirouette prep with relevé separate. Practice legs and arms separate first then put them together. Talk about how the shoulders, hips, and knee of the back leg make a straight line with the back foot in forced arch ("bend your back toe"). Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall. You can practice balancing a bean bag on their head in the prep!
- Sauté using the wall and standing in parallel, hands on hips. Practice putting feet on wall and feeling legs and feet stretch while pushing the wall away, then try it standing. Demi plié 3 counts, sauté, land plié, straighten knees. Talk about pushing the floor away with their toes and straightening knees to get a high jump.

10 min "Follow Me" Ballet Center

- Review ballet positions of the feet and arms (En bas, 1st, 2nd, 3rd feet + parallel, 1st, 2nd, 3rd, 4th, 5th arms).
- Demi plié in parallel and 1st position. Hands on hips. Talk about how knees stay in line with feet and body goes straight down and up.
- **Tendu a la seconde in 1st position going through demi.** Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.

- Beginning port de bras. Standing with feet in 1st position, arms en bas (means low). One arm at a time lift to 1st position, open to 2nd (looking at hand), lower through demi 2nd (looking front). Repeat with other arm, then x2 with both arms together.
- Spring point with legs in parallel. Point foot front, demi plié standing leg, small hop. Repeat 4x each leg, then switching feet. Make sure the front leg is straight and toe pointed with no weight on it. "Dip your toe in the pond, but don't fall in!"
- **Step close and step point in 1st position.** Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Repeat other side.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

PASS OFF

- **Week1** – Pivot turns.
- **Week 2** – Sauté on the wall.

ALL STARS JAZZ/BALLET

Q1, Oct, Lesson 3



2 min Welcome

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get student's heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side, shake with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling).
- Cobra stretch.
- **Frog stretch.**
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward 1 inch, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.

5-7 min Center Floor Skills

- Quickly review arm positions with wiggles. Have students wiggle, then say 1, 2, 3 and an arm position. They will hit the arm position as quick/sharp as possible and freeze. Practice them all together first: "V" low and high, "T", "L" low and high, parallel arms up, diagonals, and 1st position. Really focus on straight arms, shoulders down, palms towards the floor. If your class is ready, say 3 arm positions and when you say "go" they have to do those 3 arm positions in order. Repeat a few times gradually adding on another arm position (4 in a row, 5 in a row, etc).
- Pivot turn and heel stretch. Two pivot turns with a step forward (hands on hips), step together to 1st position and heel stretch, finish in tendu derrière. Repeat to L.
- Sauté in parallel, hands on hips. Demi plié 3 counts, sauté, land plié, straighten knees. Talk about pushing the floor away with their toes and straightening knees to get a high jump.
- This is a good place to insert a brain break activity!

- Idea: “Rock, Star, Fireworks” Game. Sit on floor, legs crossed. Hold hands close to chest in fists for “rocks”. Open hands, arms reach in front, and stretch fingers out for “stars”. Repeat. Clasp hands together close to chest to “light the fuse”, then lift fists high to represent the unexploded fireworks going up. Look up as fingers stretch like fireworks exploding. Fireworks sparkle (wiggle fingers) as they float gently to the grounds (hands lower slowly, fingers still “sparkling”).
 - Words to say with each arm movement: “Rocks!”, “Stars!”, “Light the fuse and send it up”, “FIREWORKS!”, “Sparkle!”

10 min Across the Floor

- Jazz walk with jump cross turn with a spot! Jazz walk forward 4x with hands on hips. Jump out with T arms, jump cross with hands on hips, spot, and turn around.
- Chaîné turns on flat with hands on shoulders. Talk about your body being a house. Focus on one body part at a time and as your class is ready, add in more:
 - Arms/elbows are the roof – “Keep your roof up high so the snow doesn’t fall inside!”
 - Legs are the walls – “Keep your walls strong and straight so the house doesn’t break!”
 - Feet are two people in the house that are super tired, but they snore! - “Turn out your legs and point your toes away from each other so they don’t wake each other up!”
- Polka. Start slowly. “Step together step hop!” R step forward, L step together, R step forward, hop to switch feet. The leg should swing through naturally, not through passé yet. **Speed it up – If your class is ready. Talk about it being a similar feeling to a gallop.**

10 min Center Skills, cont.

- Pirouette prep with relevé separate. Practice legs and arms separate first then put them together. Talk about how the shoulders, hips, and knee of the back leg make a straight line with the back foot in forced arch (“bend your back toe”). Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall. You can practice balancing a bean bag on their head in the prep!
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- Jazz run switching lines and squish splits to knees on new dot, then knee pop up. Repeat! Talk about switching dots with the same person every time.
- This is a good place to insert a brain break activity!
 - Idea: “Monster Mash”. Each student gets a scarf and the different colors indicate what type of “monster” they should dance like. Red: Vampire. Orange: Scarecrow. Yellow: Skeleton. Green: Zombie. Blue: Ghost. Purple or Pink: Witch/Wizard. Black: Werewolf.

5 min On the Diagonal

- Demi pointe walks **and runs**. High relevé demi pointe walks with straight legs, hands on hips. Put a poly dot halfway across the floor as a marker. Pose in an assigned position (any ballet positions they know) when they get halfway, then switch to ballet runs (same as walks just faster!).
- “Flamingo marches” and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. **Turn marches into skips halfway across the floor.** Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

5-7 min “Follow Me” Ballet Center

- Review ballet positions of the feet and arms (En bas, 1st, 2nd, 3rd feet + parallel, 1st, 2nd, 3rd, 4th, 5th arms).

- Demi plié in parallel and 1st position **with beginning port de bras**. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- **Parallel pas de chat. Plié, passé, jump switch passé in plié close to plié then straighten. Staying in place, not moving forward or side.**
- Step close and step point in 1st position **with spring point**. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.

Always end with a “follow along” reverence/bow. Clap after bow to say “Thank you” to teacher and class.

Pass Off

- **Week 1** – Pass off pirouette prep.
- **Week 2** – Pass off “flamingo marches”.

ALL STARS JAZZ/BALLET

Q1, Oct, Lesson 4



2 min Welcome

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling).
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward 1 inch, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.

10 min Center Floor Skills

- Pirouette prep with relevé separate. Practice legs and arms separate first then put them together. Talk about how the shoulders, hips, and knee of the back leg make a straight line with the back foot in forced arch ("bend your back toe"). Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall. You can practice balancing a bean bag on their head in the prep!
- Teach/review chassé ball change/rock step. Slide R foot to 2nd, squeeze legs together (L foot coming in) and land in 1st position, step R foot side and L foot back to ball change/rock step. Practice pausing in 1st position to make sure students are squeezing their legs together in the air. Once they are ready, speed it up to a real chassé. Talk about how they still squeeze their legs together in the air, but then the toe "sneaks" to step out to the ball change.
- This is a good place to insert a brain break activity!

- o Idea: "Monster Mash". Each student gets a scarf and the different colors indicate what type of "monster" they should dance like. Red: Vampire. Orange: Scarecrow. Yellow: Skeleton. Green: Zombie. Blue: Ghost. Purple or Pink: Witch/Wizard. Black: Werewolf.

10 min Holiday Dance

- Work on Holiday Dance.

5-7 min Across the Floor

- Jazz walk with jump cross turn with a spot! Jazz walk forward 4x with hands on hips. Jump out with T arms, jump cross with hands on hips, spot, and turn around.
- Battement kicks to the front in parallel. Talk about how you should hear your foot sliding on the ground and springing off.
- Chaîné turns on flat with hands on shoulders. Talk about your body being a house. Focus on one body part at a time and as your class is ready, add in more:
 - o Arms/elbows are the roof – "Keep your roof up high so the snow doesn't fall inside!"
 - o Legs are the walls – "Keep your walls strong and straight so the house doesn't break!"
 - o Feet are two people in the house that are super tired, but they snore! - "Turn out your legs and point your toes away from each other so they don't wake each other up!"

10 min On the Diagonal

- Demi pointe walks **and runs**. High relevé demi pointe walks with straight legs, hands on hips. Put a poly dot halfway across the floor as a marker. Pose in an assigned position (any ballet positions they know) when they get halfway, then switch to ballet runs (same as walks just faster!).
- Arm positions with marching. Practice them all together first: "V" low and high, "T", "L" low and high, parallel arms up, diagonals, and 1st position. Really focus on straight arms, shoulders down, palms towards the floor. Combine arm positions with marching steps in parallel retire. Two marches in low "V", two in high "V", two in high "L", etc. Pick any pattern you want!
- Parallel pas de chat, moving forward. **Pas de chat means "step of the cat", so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.**
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

5 min "Follow Me" Ballet Center

- Demi plié in parallel and 1st position **with beginning port de bras**. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Step close and step point in 1st position **with spring point**. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.
- Sauté in **1st position**, hands on hips. Demi plié 3 counts, sauté, land plié, straighten knees. Talk about pushing the floor away with their toes, straightening knees to get a high jump, and **landing in a plié in 1st position**.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off chaîné turns on flat.
- **Week 2** – Pass off parallel pas de chat.

ALL STARS JAZZ/BALLET

Q2, Nov, Lesson 1



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). **Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.**
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward 1 inch, if ready.

5-7 min Center Floor Skills

- Pirouette prep with relevé separate. Talk about standing up tall with strong muscles in the prep and the passe to stay balanced. Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall.
- Pivot turn with arms. Step forward with arms in a "T", pivot turn with arms in 1st position. Repeat to L.
- This is a good place to insert a brain break activity!
 - Idea: "Balancing Game". Review positions of the feet: relevé, forced arch, parallel passé, parallel coupé. Play freeze dance! Have them walk in relevé around the room, then when the music stops, they freeze and balance in relevé. Repeat with passé walks/balancing in passé, walks in forced arch/balancing in a forced arch, pony trots/balancing in a coupé. Mix up the arm positions each time.

10 min Holiday Dance

- Work on Holiday Dance

10 min Across the Floor

- Battement kicks to the front in parallel. Talk about how you should hear your foot sliding on the ground and springing off.

- Chaîné turns on flat with hands on shoulders. Talk about your body being a house. Focus on one body part at a time and as your class is ready, add in more:
 - Arms/elbows are the roof – “Keep your roof up high so the snow doesn’t fall inside!”
 - Legs are the walls – “Keep your walls strong and straight so the house doesn’t break!”
 - Feet are two people in the house that are super tired, but they snore! - “Turn out your legs and point your toes away from each other so they don’t wake each other up!”
- Polka. Start slowly. “Step together step hop!” R step forward, L step together, R step forward, hop to switch feet. The leg should swing through naturally, not through passé yet. **Speed it up – If your class is ready. Talk about it being a similar feeling to a gallop.**

10 min On the Diagonal

- Demi pointe walks **and runs**. High relevé demi pointe walks with straight legs, hands on hips. Put a poly dot halfway across the floor as a marker. Pose in an assigned position (any ballet positions they know) when they get halfway, then switch to ballet runs (same as walks just faster!).
- Arm positions with marching. Practice them all together first: “V” low and high, “T”, “L” low and high, parallel arms up, diagonals, and 1st position. Really focus on straight arms, shoulders down, palms towards the floor. Combine arm positions with marching steps in parallel retire. Two marches in low “V”, two in high “V”, two in high “L”, etc. Pick any pattern you want!
- Parallel pas de chat, moving forward. **Pas de chat means “step of the cat”, so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.**
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

5 min “Follow Me” Ballet Center

- Demi plié in **1st and 2nd position** with beginning port de bras. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Step close and step point in 1st position **with spring point**. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.
- Sauté in **1st position**, hands on hips. Demi plié 3 counts, sauté, land plié, straighten knees. Talk about pushing the floor away with their toes, straightening knees to get a high jump, and **landing in a plié in 1st position**.

Always end with a “follow along” reverence/bow. Clap after bow to say “Thank you” to teacher and class.

Pass Off

- **Week 1** – Pass off relevé and forced arch in parallel.
- **Week 2** – Pass off sauté in 1st position.

ALL STARS JAZZ/BALLET

Q2, Nov/Dec, Lesson 2



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.

5-7 min Center Floor Skills

- Teach cross touches, hands on hips. "Step, point, step point" Talk about making the leg that's touching/pointing super straight!
- Pirouette prep with relevé separate. **Talk about pressing into the ground with the standing leg just like they do in their sautés (but not so hard they jump). At this level, passé should not go higher than the knee to ensure the foot is not sickling.** Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall.
- Pivot turn and heel stretch. Two pivot turns with a step forward (hands on hips), step together to 1st position and heel stretch, finish in tendu derrière. Repeat to L.

10 min Holiday Dance

- Work on Holiday Dance
- This is a good place to insert a brain break activity!
 - Idea: "Turkey Wobble" OR "Build A Snowman". Pretend to build a snowman and dance with it! Fun to do to The Nutcracker Snow song. Standing on their dot, sway side to side with hands pretending to be snow falling. Plié in 1st position feet with arms doing basic port de bras to "build" the snowman's body. Decorate the snowman! Put a hat on, eyes, nose, mouth, arms, give it a scarf and some buttons! Now dance with your snowman!

5-7 min Across the Floor

- Battement kicks to the front in parallel. Talk about how you should hear your foot sliding on the ground and springing off.
- Chaîné turns on flat with hands on shoulders. Talk about your body being a house. Focus on one body part at a time and as your class is ready, add in more:
 - Arms/elbows are the roof – “Keep your roof up high so the snow doesn’t fall inside!”
 - Legs are the walls – “Keep your walls strong and straight so the house doesn’t break!”
 - Feet are two people in the house that are super tired, but they snore! - “Turn out your legs and point your toes away from each other so they don’t wake each other up!”

5-7 min On the Diagonal

- “Flamingo marches” and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. **Turn marches into skips halfway across the floor.** Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Parallel pas de chat, moving forward. Pas de chat means “step of the cat”, so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

10 min “Follow Me” Ballet Center

- **Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.**
- Demi plié in 1st and 2nd position with beginning port de bras **and rises**. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. **Keep knees stretched while rising on relevé and lowering heels.**
- Step close and step point in 1st position with spring point. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.
- Sauté in 1st position, hands on hips. Demi plié 3 counts, sauté, land plié, straighten knees. Talk about pushing the floor away with their toes, straightening knees to get a high jump, and landing in a plié in 1st position.

Always end with a “follow along” reverence/bow. Clap after bow to say “Thank you” to teacher and class.

Pass Off

- **Week 1** – Pass off step close and step point.
- **Week 2** – Pass off cross touch.

ALL STARS JAZZ/BALLET

Q2, Dec, Lesson 3



15 min "Follow Me" Warm-up

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello.
- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- **Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."**
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- **Middle splits. Make sure legs stay turned out with knees up to the ceiling.**

5-7 min Center Floor Skills

- "Balancing Game". Review positions of the feet: relevé, forced arch, parallel passé, parallel coupé. Play freeze dance! Have them walk in relevé around the room, then when the music stops, they freeze and balance in relevé. Repeat with passé walks/balancing in passé, walks in forced arch/balancing in a forced arch, pony trots/balancing in a coupé. Mix up the arm positions each time.
- Pirouette prep with relevé separate. Talk about pressing into the ground with the standing leg just like they do in their sautés (but not so hard they jump). At this level, passé should not go higher than the knee to ensure the foot is not sickling. Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall.

15 min Holiday Dance

- Work on Holiday Dance.
- This is a good place to insert a brain break activity!

- o Idea: "Build A Snowman". Pretend to build a snowman and dance with it! Fun to do to The Nutcracker Snow song. Standing on their dot, sway side to side with hands pretending to be snow falling. Plié in 1st position feet with arms doing basic port de bras to "build" the snowman's body. Decorate the snowman! Put a hat on, eyes, nose, mouth, arms, give it a scarf and some buttons! Now dance with your snowman!

5-7 min Across the Floor

- **Chaîné on flat with arms. "T" to the front, 1st position to the back.**
- Point and forward gallop. Tap toe x4, gallop x4, switch feet.

10 min Ballet "Follow Me" Center

- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- **Learn/practice swaying. Remind that sways are rocks with a soft plié in a down and up motion. Sway down with a 2nd position plié then sway up to a tendu a la seconde. Sway with scarves over head once students get the hang of the bend and straight motion.**
- Step close and step point in 1st position with spring point. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off grapevine.
- **Week 2** – Pass off Holiday dance choreography.

15 min "Follow Me" Warm-up

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello.
- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills (grapevine, pivot turn, jazz square, etc.) to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.

5-7 min Center Floor Skills

- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.
- Pirouette prep with relevé separate. Talk about pressing into the ground with the standing leg just like they do in their sautés (but not so hard they jump). At this level, passé should not go higher than the knee to ensure the foot is not sickling. Have them balance on a flat foot then rise up to relevé holding a strong position. Make sure they are standing up tall. **Focus on a strong plié and passé position. Next lesson the passé and relevé will be together! Make sure they are ready!**
- This is a good place to insert a brain break activity!
 - Idea: "Build A Snowman". Pretend to build a snowman and dance with it! Fun to do to The Nutcracker Snow song. Standing on their dot, sway side to side with hands pretending to be snow falling. Plié in 1st position feet with arms doing basic port de bras to "build" the

snowman's body. Decorate the snowman! Put a hat on, eyes, nose, mouth, arms, give it a scarf and some buttons! Now dance with your snowman!

- OR Freeze Dance with Arm Positions. Every time the music stops, call out a different arm position (en bas, 1st, 2nd, 3rd, T, L, high or low V) and students have to quickly do their arms.

10 min Holiday Dance

- Work on Holiday Dance, if still applicable.

5-7 min Across the Floor

- **Chaîné on flat with arms. "T" to the front, 1st position to the back.**
- Side gallop. Arms in a strong T. Make sure students are keeping hips straight and not twisting toward the direction they're travelling. Talk about keeping feet turned out with toes pointing opposite directions.
- Jazz run with toe touches. Jazz runs 4x, plié toe touch. You can spread poly dots out across the floor for them to stop on if your class is struggling with counting/stopping after 4.
- **If you didn't work on a Holiday Dance**, this is a good place to insert a brain break activity! Do whichever brain break activity you didn't do from above.

5 min On the Diagonal

- **Ballet walks with point.** Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
- "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips halfway across the floor. Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Parallel pas de chat, moving forward. Pas de chat means "step of the cat", so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.

10 min Ballet "Follow Me" Center

- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Swaying. Remind that sways are rocks with a soft plié in a down and up motion. Sway down with a 2nd position plié then sway up to a tendu a la seconde. Sway with scarves over head once students get the hang of the bend and straight motion.
- Step close and step point in 1st position with spring point. Step R to 2nd position, close L to R in 1st position, step R to 2nd position, point L tendu devant. Spring point 4x. Repeat other side.

5 min On the Wall and Standing

- Sauté on the wall! Have them sit close to the wall with their feet on the wall and hands in the air. First, try to push off the wall without bending knees 4x. Then, let them bend their legs and push off the wall as far as they can. Repeat and have them focus on pushing through their toes. Talk about

what they had to do to get farther (pushing through their toes and straightening knees). Let them know to jump higher, they have to push into the ground as hard as they can with their legs and feet.

- Sauté standing! Practice in parallel and 1st position. See how high they can jump when they use their plié and push through their feet!

Pass Off

- **Week 1** – Pass off knee pop up.
- **Week 2** – Pass off pirouette prep: straight leg, attached passé, and strong arms in 1st position.

ALL STARS JAZZ

Q2, Jan, Lesson 5



15 min "Follow Me" Warm-up

- Welcome students to class by name. If there are any new students/trials, take a few seconds to let everyone in class introduce themselves and share a fun fact about themselves!
- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- **Jazz squares and pivot turns. Start slow to review, then speed up!**
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.

15 min Center Floor Skills

- Review any skills from 1st half of the year your class needs some extra practice with:
 - Grapevine, jazz square, spring point, heel stretch, chassé rock step, toe touch.
- Quickly review listening position (arms behind back, eyes on the teacher, legs together), arm positions (T, high & low V, high & low L, en bas, 1st, 2nd, 3rd), and feet positions (parallel, 1st, 2nd, 3rd).
- Introduce "T-back". Grab a stretchy t-shirt with a logo from the office (if there is one, or bring one from home). Hold up the shirt by the shoulders and have them push on the logo, ask them how strong it was. Then, repeat while pulling the shirt out, ask them how much stronger it was. Then let them know this is how they need to stand like a dancer. Have them stand and practice their "t-back". Shoulders out, back/torso lifting tall. Challenge them to maintain a T-back all class long. You can call it out/recognize it when you see dancers doing it.

- **Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.**
- This is a good place to insert a brain break activity!
 - Idea: "Hot Chocolate Game". Just like the "Ice Cream Game"! Switching between ballet songs to fit the movement have students skip around the room "like you're going to the hot chocolate store", "open the door and go inside" (music off), gallop "through the line at the store", walk on relevé "looking at all the flavors", "pick your flavor, pay for it, and get your hot chocolate" (music off), dance around the room "with hot chocolate".

10-15 min Across the Floor

- Chaîné on flat with arms. "T" to the front, 1st position to the back.
- Battement kicks to the front through 1st position. Talk about stopping in 1st position before kicking. Kick, touch, step, 1st.
- Polka. Start slowly. "Step together step hop!" R step forward, L step together, R step forward, hop to switch feet. The leg should swing through naturally, not through passé yet. Speed it up – If your class is ready. Talk about it being a similar feeling to a gallop.
- Jazz walks with pivot turn. 4 jazz walks forward, step pivot turn, step pivot turn. Practice saying the pattern together first.
- This is a good place to insert a brain break activity!
 - Idea: "Party Freeze Dance Song" on Spotify

5 min On the Diagonal

- Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
- "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips halfway across the floor. Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Side gallop. Arms in a strong T. Make sure students are keeping hips straight and not twisting toward the direction they're travelling. Talk about keeping feet turned out with toes pointing opposite directions.

10 min Ballet "Follow Me" Center

- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Swaying. Remind that sways are rocks with a soft plié in a down and up motion. Sway down with a 2nd position plié then sway up to a tendu a la seconde. Sway with scarves over head once students get the hang of the bend and straight motion.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.

Pass Off

- **Week 1** – Pass off T-back with pivot turn.
- **Week 2** – Pass off chaîné turn with strong arms and straight legs.

15 min "Follow Me" Warm-up

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello.
- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.

7-10 min Center Floor Skills

- Review any skills from 1st half of the year your class needs some extra practice with:
 - Grapevine, jazz square, spring point, chassé rock step.
- Review "T-back" and practice arm and feet positions. T, high & low V, high & low L, en bas, 1st, 2nd, 3rd position arms. Parallel, 1st, 2nd, 3rd position feet.
- Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.
- This is a good place to insert a brain break activity!
 - Idea: "Fast & Slow". Have students dance to different tempos of music. Practice recognizing the difference in tempos and making their bodies move at different speeds.

10 min Across the Floor

- Chaîné on flat with arms. "T" to the front, 1st position to the back.
- Battement kicks to the front through 1st position. Talk about stopping in 1st position before kicking. Kick, touch, step, 1st.
- Forward gallop, switching sides. Hands on hips. Gallop with R foot front 3x, swing leg through to switch feet. Repeat with L foot front.

5-7 min On the Diagonal

- Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
- "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips halfway across the floor. Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.
- Parallel pas de chat, moving forward. Pas de chat means "step of the cat", so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.

5-7 min Center Skills, cont.

- This is a good place to insert a brain break activity!
 - Idea: "Build a Snowman". Pretend to build a snowman and dance with it! Fun to do to The Nutcracker Snow song or "Do You Want to Build a Snowman". Standing on their dot, sway side to side with hands pretending to be snow falling. Plié in 1st position feet with arms doing basic port de bras to "build" the snowman's body. Decorate the snowman! Put a hat on, eyes, nose, mouth, arms, give it a scarf and some buttons! Now dance with your snowman!
- Toe touches. Start in tuck position on their back with head lifted off the floor. Quickly sit up stretching legs out to straddle with legs off the floor, leaning slightly back. Practice this a few times, then do it standing. Talk about making the same straddle position in the air that they've practiced on the floor. Start squished down in a ball pose, jump high pushing the floor away, land back in ball pose.
- Heel stretch. Talk about keeping their standing leg strong and straight with free arm in a high V. It's okay if their working leg is still a little bent, focus should be on finding balance.

10 min Ballet "Follow Me" Center

- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Swaying. Remind that sways are rocks with a soft plié in a down and up motion. Sway down with a 2nd position plié then sway up to a tendu a la seconde. Sway with scarves over head once students get the hang of the bend and straight motion.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.

Pass Off

- **Week 1** – Pass off parallel pas de chat.
- **Week 2** – Pass off forward gallop, switching sides.

ALL STARS JAZZ

Q3, Feb, Lesson 2



Welcome

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello.

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- **Add in a conditioning exercise (arms, stomach, ankles, legs, etc).**
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up. Talk about hips going forward and up to let feet jump out. Let students practice a few times using hands on the floor, then try without. Remember to land with legs out in a big box with hands on knees.

5 min Center Floor Skills

- Review any skills from 1st half of the year your class needs some extra practice with:
 - Grapevine, jazz square, spring point, chassé rock step, "T-back", feet and arm positions, toe touch, heel stretch, polka, etc.
- Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.

5-7 min Recital Practice

- If recital choreography is done, start teaching the beginning now!
- This is a good place to insert a brain break activity!
 - Idea: "Umbrella Game". Have students dance "with an umbrella" in different weather: sunshine (big and happy), rain (jump in and over puddles), snow (fast and small), and wind (wind pulls umbrella around in spins). Switching between ballet songs to fit the movement.

10 min Across the Floor

- Chaîné on flat with arms. "T" to the front, 1st position to the back.
- Battement kicks to the front through 1st position. Talk about stopping in 1st position before kicking. Kick, touch, step, 1st.
- Run run leap! Hands on hips. Just let them have fun and do the biggest leap they can! Focus should be on taking off and landing on one foot.

5-7 min Center Floor Skills, cont.

- Review kick ball change. Practice saying "Kick, step back, step front". Talk about making the steps rock back and front, going on the ball of the foot back and flat foot front.
- Learn donkey kick in straddle, start and finish in a ball pose. Start by just jumping legs out to a straddle position with feet on the floor, straight legs, bum lifting up high. Once they've got the hang of that, add a bigger jump to get the feet off the floor with pointed feet!

10-12 min Ballet "Follow Me" Center

- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position going through demi. Focus on feeling the bottom of the toes pushing into the floor and stretching out to a pointed foot.
- Swaying. Remind that sways are rocks with a soft plié in a down and up motion. Sway down with a 2nd position plié then sway up to a tendu a la seconde. Sway with scarves over head once students get the hang of the bend and straight motion.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.
- **Following in a circle around the room:**
 - Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, startling with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
 - Forward gallop, switching sides. Hands on hips. Gallop with R foot front 3x, swing leg through to switch feet. Repeat with L foot front.
 - "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips! Keeping toes pointed and right by knees, just like in their marches.
 - Parallel pas de chat, moving forward. Pas de chat means "step of the cat", so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off kicks to the front through 1st position.
- **Week 2** – Pass off donkey kick in straddle.

Welcome

- Have students begin to learn to come to class and walk straight to a dot, standing up ready for warm-up. Welcome students by name as they come in. Give them a high five or just an enthusiastic hello.

15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- **Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.**
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Add in a conditioning exercise (arms, stomach, ankles, legs, etc).
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up.

7-10 min Center Floor Skills

- Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.
- Donkey kick in straddle, start and finish in a ball pose. Start by just jumping legs out to a straddle position with feet on the floor, straight legs, bum lifting up high. Once they've got the hang of that, add a bigger jump to get the feet off the floor with pointed feet!
- This is a good place to insert a brain break activity!

- Idea: "Dynamics Game". Teach students that dynamics are how a dancer moves (fast/slow, strong/soft, round/sharp, etc). Give the students a word/dynamic to dance like!
 - Fluffy: "What is fluffy?" Clouds, pillows, etc.
 - Circles: "What body parts can make circles?"
 - Slow motion: "Move like you're under water, stuck in honey, etc."
 - Earthquake: "The floor is shaking!"
 - Sharp: Quick sustained movements that have a pause between them.

10 min Recital Practice

- Work on recital choreography! Don't stress about cleaning yet. Just make sure they're learning the steps and practicing it at least twice with the music.

10 min Across the Floor

- Chaîné on flat with arms. "T" to the front, 1st position to the back.
- Battement kicks to the front through 1st position. Talk about stopping in 1st position before kicking. Kick, touch, step, 1st.
- "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips! Keeping toes pointed and right by knees, just like in their marches.
- Run run leap! Hands on hips. Just let them have fun and do the biggest leap they can! Focus should be on taking off and landing on one foot.

5-7 min Center Floor Skills, cont.

- Review chassé ball change/rock step. **(I'm sorry this hasn't been in the lesson plans more consistently all year! It's not in the old ones so I totally missed it. I will fix this for next year!)** Slide R foot to 2nd, squeeze legs together (L foot coming in) and land in 1st position, step R foot side and L foot back to ball change/rock step. Practice pausing in 1st position to make sure students are squeezing their legs together in the air. Once they are ready, speed it up to a real chassé. Talk about how they still squeeze their legs together in the air, but then the toe "sneaks" to step out to the ball change.
- Practice jazz walks with pivot turns and heel stretch. Jazz walk forward on a forced arch 4x (1-2-3-4), grab R heel (5-6) and heel stretch (7-8). Step out to pose (1-2), feet together (3-4), step R front (5-6), pivot turn (7-8). Repeat walking back to dot.

5 min Ballet "Follow Me" Center

- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- **Tendu a la second in 1st position and swaying. Tendu a la seconde 3x, sway R & L, close to 1st. Repeat tendu L.**
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off jazz walks with pivot turns and heel stretch.
- **Week 2** – Pass off run run leap.

ALL STARS JAZZ

Q3, Mar, Lesson 4



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Add in a conditioning exercise (arms, stomach, ankles, legs, etc).
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up.

10 min Recital Practice

- Work on recital choreography! Don't stress about cleaning yet. Just make sure they're learning the steps and practicing it at least twice with the music.

10 min Center Floor Skills

- Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.
- Jazz walks with pivot turns and heel stretch. Jazz walk forward on a forced arch 4x (1-2-3-4), grab R heel (5-6) and heel stretch (7-8). Step out to pose (1-2), feet together (3-4), step R front (5-6), pivot turn (7-8). Repeat walking back to dot.
- This is a good place to insert a brain break activity!

- o Idea: "Freeze Dance with Balances" OR "The Floor is Lava". Have students dance to different tempos of music and pause the music every 20-30 seconds OR follow the directions in "Floor is Lava" song. When you pause the music OR the music says "The Floor is Lava!" students must balance in their retiré position on a dot!

7-10 min Across the Floor

- Chaîné on relevé – If your class is ready. "T" to the front, 1st position to the back.
- Battement kicks to the front through 1st position. Talk about stopping in 1st position before kicking. Kick, touch, step, 1st.
- Parallel pas de chat, moving forward. Pas de chat means "step of the cat", so it should feel like a scared cat jumping in the air! Talk about picking up one foot at a time and landing one foot at a time.
- Run run leap! Hands on hips. Just let them have fun and do the biggest leap they can! Focus should be on taking off and landing on one foot.

5-7 min Center Floor Skills cont.

- Review kick ball change. Practice saying "Kick, step back, step front". Talk about making the steps rock back and front, going on the ball of the foot back and flat foot front.
- Chassé ball change/rock step. Slide R foot to 2nd, squeeze legs together (L foot coming in) and land in 1st position, step R foot side and L foot back to ball change/rock step. Practice pausing in 1st position to make sure students are squeezing their legs together in the air. Once they are ready, speed it up to a real chassé. Talk about how they still squeeze their legs together in the air, but then the toe "sneaks" to step out to the ball change.

5-7 min Ballet "Follow Me" Center

- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la second in 1st position and swaying. Tendu a la seconde 3x, sway R & L, close to 1st. Repeat tendu L.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.
- **Following in a circle around the room:**
 - o Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
 - o Forward gallop, switching sides. Hands on hips. Gallop with R foot front 3x, swing leg through to switch feet. Repeat with L foot front.
 - o "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips! Keeping toes pointed and right by knees, just like in their marches.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off skips with pointed feet.
- **Week 2** – Pass off chassé rock step.

ALL STARS JAZZ

Q4, Apr, Lesson 1



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Add in a conditioning exercise (arms, stomach, ankles, legs, etc).
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up.

10 min Recital Practice

- Work on recital choreography! Use counts and musical cues to help students memorize the dance. No secret codes at recital for school aged dancers! Make sure dance is DONE by the first week of April.
- This is a good place to insert a brain break activity!
 - Idea: "Fast & Slow". Have students dance to different tempos of music. Practice recognizing the difference in tempos and making their bodies move at different speeds. **Now that they understand dynamics, talk about dancing fast/big, fast/small, slow/big, slow/small, etc. Use a rainbow ribbon for some extra fun!**

5-7 min Center Floor Skills

- Kick ball change. Practice saying "Kick, step back, step front". Talk about making the steps rock back and front, going on the ball of the foot back and flat foot front.
- Donkey kick in straddle, start and finish in a ball pose. Start by just jumping legs out to a straddle position with feet on the floor, straight legs, bum lifting up high. Once they've got the hang of that, add a bigger jump to get the feet off the floor with pointed feet!

10 min Obstacle Course

- Set up an obstacle course around the room! This will challenge memory while practicing dance skills. Make it fun and include the following skills:
 - Toe touch OR heel stretch.
 - Polka – between 2 cones or circles. "Step together step hop!"
 - Jazz square.
 - Pirouette prep with relevé.
 - Chaîné – between 2 cones or circles.
 - Chassé rock step OR grapevine.

10 min Ballet "Follow Me" Center

- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position and swaying. Tendu a la seconde 3x, sway R & L, close to 1st. Repeat tendu L.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.
- **Following in a circle around the room:**
 - Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means "to melt") – If your class is strong enough.
 - Forward gallop, switching sides. Hands on hips. Gallop with R foot front 3x, swing leg through to switch feet. Repeat with L foot front.
 - "Flamingo marches" and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips! Keeping toes pointed and right by knees, just like in their marches.

Always end with a "follow along" reverence/bow. Clap after bow to say "Thank you" to teacher and class.

Pass Off

- **Week 1** – Pass off jazz square.
- **Week 2** – Pass off polka.

ALL STARS JAZZ

Q4, Apr/May, Lesson 2



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Add in a conditioning exercise (arms, stomach, ankles, legs, etc).
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Snow angel feet, hands on hips. Starting in parallel, open toes to 1st position, rotate heels in to parallel 1st, open toes to 2nd position. Reverse and repeat.
- Grapevine with beveled foot/heel lifted on step together. "Step side, behind, side, together."
- Jazz squares and pivot turns. Start slow to review, then speed up!
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Cobra stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up.

15 min Recital Practice

- Practice any skills or sections of choreography that your class is struggling with.
- Work on recital choreography! Use counts and musical cues to help students memorize the dance. No secret codes at recital for school aged dancers!

5 min Center Floor Skills

- This is a good place to insert a brain break activity!
 - Idea: "Mirroring Game". Have students face each other and take turns being the leader with simple arm and leg movement (not moving from dots).
- Battement kicks to the front through 1st position. Talk about pointing toe to tendu before closing to 1st position. Kick, touch, close to 1st.

7-10 min Across the Floor

- Chaîné on relevé – If your class is ready. “T” to the front, 1st position to the back.
- Polka. Start slowly. “Step together step hop!” R step forward, L step together, R step forward, hop to switch feet. The leg should swing through naturally, not through passé yet. Speed it up – If your class is ready. Talk about it being a similar feeling to a gallop.
- Run run leap! Hands on hips. Just let them have fun and do the biggest leap they can! Focus should be on taking off and landing on one foot.

5-7 min Ballet “Follow Me” Center

- Demi plié in 1st and 2nd position with beginning port de bras and rises. Demi plié 3x, rise on relevé 1x. Talk about how knees stay in line with feet and body goes straight down and up. Arms start en bas (means low). Lifting to 1st position, open to 2nd, lower through demi 2nd. Keep knees stretched while rising on relevé and lowering heels.
- Tendu a la seconde in 1st position and swaying. Tendu a la seconde 3x, sway R & L, close to 1st. Repeat tendu L.
- Sauté in 1st position. Practice pushing off the wall a few times, then on their dots.
- **Echappé sauté. Jump feet from 1st to 2nd and back in. Focus on pushing the floor to point feet and landing in plie.**

5 min On the Diagonal

- Ballet walks with point. Hands on hips, point R foot front. Step 3x (R, L, R) then point L foot front. Repeat, starting with L and pointing R in front. Add fondu (means “to melt”) – If your class is strong enough.
- Forward gallop, switching sides. Hands on hips. Gallop with R foot front 3x, swing leg through to switch feet. Repeat with L foot front.
- “Flamingo marches” and skips. Staying on flat feet, point toe on floor (in tendu devant) in between every march. Turn marches into skips halfway across the floor. Keeping toes pointed and right by knees, just like in their marches. Put a poly dot as a marker for them to know when to switch.

Always end with a “follow along” reverence/bow. Clap after bow to say “Thank you” to teacher and class.

Pass Off

- **Week 1** – Pass off “Flamingo marches”.
- **Week 2** – Pass off small section of recital dance.

ALL STARS JAZZ

Q4, May, Lesson 3



15 min "Follow Me" Warm-up

- Always start with an aerobic work up to get students' heart rate up. Make it a fun "dance party." Some ideas are: step claps, jumps side to side with arms swinging overhead then down low (paint sky/wash table), or just simple jumping jacks, high knees. Just make sure the whole body is moving and get them smiling. This is a great time to incorporate some of the Kinderstar's skills to ensure continued mastery.
- Add in a conditioning exercise (arms, stomach, ankles, legs, etc).
- Include ballet steps in the aerobic warm-up: pliés, tendus, step side step point, arm positions, feet positions, heel lift to coupé and retiré, spring point, sauté, swaying etc.
- Grapevine, pivot turn, jazz squares. Practicing staying on the beat of the music. Start on slow beat, then speed up.
- Isolations of the head (side to side, up and down, around in a circle), shoulders (up and down, opposites, front and back, rolling forward, rolling back), ribs (forward and back), and hips (side to side, forward and back, in a circle).
- Lunge with back leg straight, make sure to focus on front knee being above heel and both legs in parallel. When straightening legs after the lunge, make sure both legs stay in parallel.
- Butterfly stretch. Work on heel stretch. Make sure they are grabbing correctly (fingers towards the floor, grabbing inside of heel). Focus on having a flat back and straight leg with arm in a high V.
- Pike stretch. Work on demi point (flex, demi, point, demi, flex). Work on turning out (flex feet in pike, turn out, point toes, turn in, flex feet, reverse). Practice slightly lifting leg while turned out ("baby lift") to feel muscles engaging and focusing on straight legs. Practice bevel (toes out) and sickle (toes in).
- Sit up roll down. In pike, slowly roll to flat back, sit up fast, roll down again, repeat.
- Straddle stretch (keep knees up to the ceiling). Clap or tap the floor on the beat of the music. Work on students finding the beat on their own.
- Frog stretch.
- Pre-splits R/L. Keep hips square, front leg straight, toe pointed, one hand on each side of the leg. Begin sliding foot forward, if ready.
- Middle splits. Make sure legs stay turned out with knees up to the ceiling.
- Knee pop up.

20 min Recital Practice

- Work on recital choreography! No secret codes at recital for school aged dancers!

7-10 min Center Floor Skills

- Pirouette prep with relevé, using T-back. Rise up to relevé at the same time as bringing foot up to passé. Remind them to have a strong plié and passé position.
- This is a good place to insert a brain break activity!
 - Idea: "Floor Is Lava!". Follow the directions in "Floor is Lava" song. When the music says "The Floor is Lava!" students must balance in their retiré position on a dot!
- Chaîné and toe touch. Chaîné on relevé, squish to ball pose, toe touch. Repeat to the left.

10 min Moving Around the Room

- Choose different locomotor skills to practice on each side of the room, switching skills at each corner. Example: Skip from upstage L to upstage R, side gallop to downstage R, run run leap to downstage L, kick bum runs to upstage L.
 - Marches, skips, gallops, parallel pas de chat, polka, tip toe walks, kick bum runs, leaps, etc.

Always end with a “follow along” reverence/bow. Clap after bow to say “Thank you” to teacher and class.

Pass Off

- **Week 1** – Pass off locomotor skill.
- **Week 2** – Pass off recital choreography.