

Pre-Teen CC

2025-26 Company Lesson Plans - Jordan

Pre-Teen Collective Company JAZZ

Your Team Teachers:

| | | |
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| Pre-Teen Collective: | Kalee | Jazz: Kalee, Jordan, Jessica Ballet: Nikki x3 Tumble: Kalee Tap: Taylor Combo: Jessica Choreo: Kalee, Jordan, Jessica |
|-----------------------------|-------|--|

Skills Overview:

[Pre-Teen Collective Company \(Level 9\)](#)

Tuesdays @4:45 60 Mins

Curriculum Plan:

Warm Up: Monthly Warm Up

Material: 2 Of Each Type of Class Alternating - Twice

New Month Material: Keep 1 thing from each type of class that was most successful

Yearly Overview:

September: Alignment

October: Strength + Alignment

September Lesson Plans: Alignment

Warm Up For All September: 10 Mins

- **Opposition Balance x5** - Hands & Knees: "Lift Left arm forward and right leg back, move at the same time to the center, back to forward, and down, switch side." -> Push to Child's pose for 8
- **Back Strength Resistance: x4** - Cobra, lift arms up to high fifth, slowly melt down
- **Plank/Stretch Quads x2:** Walk up to standing, Reaching up, pile ball, walk out to plank, Hold for 4 Counts of 8 -> Stretch: Touch Toes Hands on Floor, Plie, Stretch, Releve, Ball, Straighten, Roll up
- **Jumping Jacks:** 8, 4, 2, 1 m-> Spotting each Wall
- **Full Body Stretch Right:** Reach, Side, Flat Back, Lunge, Straight Both, Releve back leg pile and straighten x4, Lunge, knee down, Split. Rotate To Center
- **Center Splits.**
- **Full Body Stretch Left:** Reach, Side, Flat Back, Lunge, Knee Down, Split. Rotate To Center
- **Center Hip Strength:** Lift Over "Shoes" T Back 8 each Side - 16 total, Feet roll 4 times then grab feet and pull back. 8 Counts to stand up shake it out
- **Balance:** On Releve Feet Together Arms Up, Arms To Second, Look To Right, Look To Left, Close Eyes
- **Roll Out Head and Shoulders**

Week 1 & 3: Turns & Leaps

In Center:

Alignment Practice: 10 Mins

- Pilé Releves at Bar
- Push Ups, Slow Half Hold All Back Up. First to T Back x8
- R & L Passé Hold, Rise to Releve, Back To Passé Hold x4
- Releve Hold: Pile, Forced Arch, Rise Up x4 Last One Hold Arms Up

Turning Practice: 10 Mins

- R & L Quarters x4, Halves x4, Full Single x4
- Double Land
- Double Coupe Land
- Chaine plié L & R across Floor

Leaps Across the Floor: 20 Mins

- Jumping in parallel Forward Forward, Back x2, Side x2, Side x2, Rotate x2, Rotate x2
- Saut De Chat
- Center Leaps

- Switch Leaps, R, L, M
- Single Stag
- Turning Center

Week 2 & 4: Legs & Progressions

At Bar:

- Coupe, Passe, Armpit, Extend, Tilt, Let Go
- Facing Front, Grab ankles, lift up

Center:

- Battement control down R & L
- Side battement side back pile -> Front, Side, Back

Across Floor

- Battement, Battement, Grab and Hold, Rotate forward, Tilt, Let go Hold

October Lesson Plans: Strength & Alignment

Warm Up For All October: 15 Mins

- **Opposition Balance x5** - Hands & Knees: "Lift Left arm forward and right leg back, move at the same time to the center, back to forward, and down, switch side." -> Push to Child's pose for 8
- **Push Ups, Slow Half Hold All Back Up x4**
- **Plank/Stretch Quads x2:** Walk up to standing, Reaching up, pile ball, walk out to plank, Hold for 4 Counts of 8 -> Stretch: Touch Toes Hands on Floor, Plie, Stretch, Releve, Ball, Straighten, Roll up
- **Jumping Jacks:** 8, 4, 2, 1 m-> Spotting each Wall
- **Full Body Stretch Right:** Reach, Side, Flat Back, Lunge, Straight Both, Releve back leg pile and straighten x4, Lunge, knee down, Split. Rotate To Center
- **Center Splits.**
- **Full Body Stretch Left:** Reach, Side, Flat Back, Lunge, Knee Down, Split. Rotate To Center
- **Center Hip Strength:** Lift Over "Shoes" T Back 8 each Side - 16 total, Feet roll 4 times then grab feet and pull back. 8 Counts to stand up shake it out
- **Balance:** On Releve Feet Together Arms Up, Arms To Second, Look To Right, Look To Left, Close Eyes
- **Roll Out Head and Shoulders**

Week 1 & 3: Turns

In Center:

Strengthening Ankle 10 Mins

- On block, pile front to passe, pile side to passe, pile back passe x2 R&L
- Releve holding block between ankles x4
- On Block Prep to passe hold on releve x8 R&L
- Passe hold on releve on block x8
- Small turns practicing spotting hands on shoulders

Strengthening Core: 10 Mins

- Holding block between foot and knee, on back forced arch rising up and down x16 R & L
- Holding ball in between knee and butt on hands and knees, going from back to side x16 R & L
- Paudu boree spot back strong arms x16 each side

Turning Practice: 10 Mins

- R & L Quarters x4, Halves x4, Full Single x4
- Double Land

- Double Coupe Land
- Chaine pli   L & R across Floor

Week 2 & 4: Legs & Leaps

At Bar:

- Coupe, Passe, Armpit, Extend, Tilt, Let Go
- Facing Front, Grab ankles, lift up

Center:

- Forced arch grand pil   pulses 4 R, 4 L, 2 jumps
- Lunge to passe jump x2, side jump back coupe r&l, roll through forced arch

Across Floor

- Battement, Battement, Grab and Hold, Rotate forward, Tilt, Let go Hold
- Jumping in parallel Forward Forward, Back x2, Side x2, Side x2, Rotate x2, Rotate x2

Leaps Across the Floor: **20 Mins**

- Saut De Chat
- Center Leaps
- Switch Leaps, R, L, M
- Single Stag
- Turning Center

October Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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November Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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December Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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January Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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February Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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March Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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April Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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May Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Junior CC

2025-26 Company Lesson Plans - Jordan

Junior Collective Company JAZZ

Your Team Teachers:

| | | |
|-----------------------|-----------|---|
| | | Jazz: Mackenzie, Jordan, Kalee Ballet: Nikki x3 Tumble: Kalee Tap: Taylor Combo: Kalee Choreo: Mackenzie, Jordan |
| Jr Collective: | Mackenzie | |

Skills Overview:

[Junior Collective Company \(Level 8\)](#)

Tuesdays @5:45 60 Mins

Curriculum Plan:

Warm Up: Monthly Warm Up

Material: 2 Of Each Type of Class Alternating - Twice

New Month Material: Keep 1 thing from each type of class that was most successful

September Lesson Plans

Warm Up For All September: 10 Mins

- **Opposition Balance x5** - Hands & Knees: "Lift Left arm forward and right leg back, move at the same time to the center, back to forward, and down, switch side." -> Push to Child's pose for 8
- **Back Strength Resistance: x4** - Cobra, lift arms up to high fifth, slowly melt down
- **Plank/Stretch Quads x2:** Walk up to standing, Reaching up, pile ball, walk out to plank, Hold for 4 Counts of 8 -> Stretch: Touch Toes Hands on Floor, Plie, Stretch, Releve, Ball, Straighten, Roll up
- **Jumping Jacks:** 8, 4, 2, 1 m-> Spotting each Wall
- **Full Body Stretch Right:** Reach, Side, Flat Back, Lunge, Straight Both, Releve back leg pile and straighten x4, Lunge, knee down, Split. Rotate To Center
- **Center Splits.**
- **Full Body Stretch Left:** Reach, Side, Flat Back, Lunge, Knee Down, Split. Rotate To Center
- **Center Hip Strength:** Lift Over "Shoes" T Back 8 each Side - 16 total, Feet roll 4 times then grab feet and pull back. 8 Counts to stand up shake it out
- **Balance:** On Releve Feet Together Arms Up, Arms To Second, Look To Right, Look To Left, Close Eyes
- **Roll Out Head and Shoulders**

Week 1 & 3: Turns & Leaps

In Center:

Alignment Practice: 10 Mins

- Pilé Releves at Bar
- Push Ups, Slow Half Hold All Back Up. First to T Back x8
- R & L Passé Hold, Rise to Releve, Back To Passé Hold x4
- Releve Hold: Pile, Forced Arch, Rise Up x4 Last One Hold Arms Up

Turning Practice: 10 Mins

- R & L Quarters x4, Halves x4, Full Single x4
- Double Land
- Double Coupe Land
- Chaine plié L & R across Floor

Leaps Across the Floor: 20 Mins

- Jumping in parallel Forward Forward, Back x2, Side x2, Side x2, Rotate x2, Rotate x2
- Saut De Chat
- Center Leaps

- Switch Leaps, R, L, M
- Single Stag

Turning Center

Week 2 & 4: Legs & Progressions

At Bar:

- Coupe, Passe, Armpit, Extend, Tilt, Let Go
- Facing Front, Grab ankles, lift up

Center:

- Forced arch grand pilé pulses 4 R, 4 L, 2 jumps
- Lunge to passe jump x2, side jump back coupe r&l, roll through forced arch

Across Floor

- Battement, Battement, Grab and Hold, Rotate forward, Tilt, Let go Hold

October Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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November Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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December Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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January Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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February Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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March Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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April Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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May Lesson Plans

Week 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Express Company (Jazz)

2025-26 Company Lesson Plans - Jordan

Express Company JAZZ

Your Team Teachers

| | | |
|-----------------|--------|---|
| Express: | Jordan | Jazz: Jordan x2, ?? Ballet: Penelope x2, Sidney Tumble: Kali Tap: Amanda C Combo: Jordan Choreo: Amanda C (Hip Hop), Jordan (Lyrical), Jordan (Jazz) |
|-----------------|--------|---|

Skills Outline

Express Company (Level 7)

Wednesday @7:00 45mins

Curriculum Plan:

Warm Up: Monthly Warm Up

Material: 2 Of Each Type of Class Alternating - Twice

New Month Material: Keep 1 thing from each type of class that was most successful

Week 1 & 3: Turns + Ankles & Arms

Week 2 & 4: Legs & Leaps

First Section Of Combo Class: Progressions

September Lesson Plans

Warm Up For All September: 10 Mins

- **Opposition Balance x5** - Hands & Knees: "Lift Left arm forward and right leg back, move at the same time to the center, back to forward, and down, switch side." -> Push to Child's pose for 8
- **Back Strength Resistance: x4** - Cobra, lift arms up to high fifth, slowly melt down
- **Plank/Stretch Quads x2:** Walk up to standing, Reaching up, pile ball, walk out to plank, Hold for 4 Counts of 8 -> Stretch: Touch Toes Hands on Floor, Plie, Stretch, Releve, Ball, Straighten, Roll up
- **Jumping Jacks:** 8, 4, 2, 1 m-> Spotting each Wall
- **Full Body Stretch Right:** Reach, Side, Flat Back, Lunge, Straight Both, Releve back leg pile and straighten x4, Lunge, knee down, Split. Rotate To Center
- **Center Splits.**
- **Full Body Stretch Left:** Reach, Side, Flat Back, Lunge, Knee Down, Split. Rotate To Center
- **Center Hip Strength:** Lift Over "Shoes" T Back 8 each Side - 16 total, Feet roll 4 times then grab feet and pull back. 8 Counts to stand up shake it out
- **Balance:** On Releve Feet Together Arms Up, Arms To Second, Look To Right, Look To Left, Close Eyes
- **Roll Out Head and Shoulders**

Week 1 & 3: Turns + Ankles & Arms

Alignment Practice: 10 Mins

- Pilé Releves at Bar
- Push Ups, Slow Half Hold All Back Up. First to T Back x8
- R & L Passé Hold, Rise to Releve, Back To Passé Hold x4
- Releve Hold: Pile, Forced Arch, Rise Up x4 Last One Hold Arms Up

Turning Practice: 15 Mins

- R & L Quarters x4, Halves x4, Full Single x4
- Single Land
- Single Coupe Land
- Chaine plié L & R across Floor

Week 1&3 .5 Class

Movement & Perfection: 30 Mins

- ☐ 15 Mins of Extended Movement -> Weight distribution, Lengthening, articulations, etc
- ☐ 15 Mins of

Week 2 & 4: Legs & Leaps

At Bar:

- Coupe, Passe, Armpit, Extend, Tilt, Let Go
- Facing Front, Grab ankles, lift up

Across Floor

- Battement, Battement, Grab and Hold, Rotate forward, Tilt, Let go Hold
- Jumping in parallel Forward Forward, Back x2, Side x2, Side x2, Rotate x2, Rotate x2
- Saut De Chat
- Center Leaps
- Single Stag
- Tour 2
- Double passe Axcel

October Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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November Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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December Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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January Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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February Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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March Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 3:

Day 1:

Warm Up:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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April Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Week 2:

Day 1:

Warm Up:

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Reflection Notes:

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Day 2:

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Reflection Notes:

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Week 3:

Day 1:

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Reflection Notes:

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Day 2:

Warm Up:

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Week 4:

Day 1:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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May Lesson Plans

Week 1:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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Week 2:

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Reflection Notes:

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Day 2:

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Week 3:

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Day 2:

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Reflection Notes:

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Week 4:

Day 1:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Day 2:

Warm Up:

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In Center:

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Across the Floor:

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Reflection Notes:

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Express Company (Combo)

2025-26 Company Lesson Plans - Jordan

Express Company COMBO

Your Team Teachers

| | | |
|-----------------|--------|---|
| Express: | Jordan | Jazz: Jordan x2, ?? Ballet: Penelope x2, Sidney Tumble: Kali Tap: Amanda C Combo: Jordan Choreo: Amanda C (Hip Hop), Jordan (Lyrical), Jordan (Jazz) |
|-----------------|--------|---|

Skills Outline

[Express Company \(Level 7\)](#)

Thurs @7:00 60 Mins

September Lesson Plans

Warm Up For All September: 10 Mins

- **Opposition Balance x5** - Hands & Knees: "Lift Left arm forward and right leg back, move at the same time to the center, back to forward, and down, switch side." -> Push to Child's pose for 8
- **Back Strength Resistance: x4** - Cobra, lift arms up to high fifth, slowly melt down
- **Plank/Stretch Quads x2:** Walk up to standing, Reaching up, pile ball, walk out to plank, Hold for 4 Counts of 8 -> Stretch: Touch Toes Hands on Floor, Plie, Stretch, Releve, Ball, Straighten, Roll up
- **Jumping Jacks:** 8, 4, 2, 1 m-> Spotting each Wall
- **Full Body Stretch Right:** Reach, Side, Flat Back, Lunge, Straight Both, Releve back leg pile and straighten x4, Lunge, knee down, Split. Rotate To Center
- **Center Splits.**
- **Full Body Stretch Left:** Reach, Side, Flat Back, Lunge, Knee Down, Split. Rotate To Center
- **Center Hip Strength:** Lift Over "Shoes" T Back 8 each Side - 16 total, Feet roll 4 times then grab feet and pull back. 8 Counts to stand up shake it out
- **Balance:** On Releve Feet Together Arms Up, Arms To Second, Look To Right, Look To Left, Close Eyes
- **Roll Out Head and Shoulders**

Week 1: Progressions 15 Mins

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Combo Style: 35 Mins

Cli Combo?

☐ Yes

☐ If yes, which combo:

☒ No

Week 2:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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October Lesson Plans

Week 1:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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November Lesson Plans

Week 1:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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December Lesson Plans

Week 1:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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January Lesson Plans

Week 1:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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February Lesson Plans

Week 1:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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March Lesson Plans

Week 1:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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April Lesson Plans

Week 1:

Combo Style:

Cli Combo?

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Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

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- ☐ If yes, which combo:
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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

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- ☐ If yes, which combo:
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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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May Lesson Plans

Week 1:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

☐ No

Reflection Notes:

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Week 2:

Combo Style:

Cli Combo?

☐ Yes

☐ If yes, which combo:

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Reflection Notes:

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Week 3:

Combo Style:

Cli Combo?

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Reflection Notes:

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Week 4:

Combo Style:

Cli Combo?

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☐ If yes, which combo:

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Reflection Notes:

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