



DANCE LESSON PLAN

1. First Lesson/Introduction
 - a. Greet parents and child
 - b. Ask about current level and skills/what they have been working on
 - c. Sign waiver (first time only)
2. Warm Up
 - a. Warm up; jumping jacks, jog in place, etc.
 - b. Stretch; basic stretch routine
 - c. Flexibility; work on splits or over splits, leg holds, and other flexibility skills
3. Turns
 - a. Beginner; piques, chaines, and three step turns
 - b. Intermediate; master beginner turns & work on single/double pirouettes
 - c. Advanced; work on double/triple pirouettes & work on turns in second and fouettes
4. Leaps
 - a. Beginner; chasse, grand-jete leaps, and x jumps
 - b. Intermediate; master beginner leaps & work on leaps in second and calypso
 - c. Advanced; turning discs, press leaps, switch leaps, reverse leaps, etc.
5. Kicks
 - a. All levels; work on height, form, and strength of all kicks
6. Free Choice
 - a. Flexibility; leg holds, kicks, etc.
 - b. Special skills; their favorite skill
 - c. Choreography; make up a dance combo and add some style too it
7. Cool Down
 - a. Stretch muscles and work on point
8. Review
 - a. Go over lesson with parents and demonstrate skills that were learned, worked on, and improved