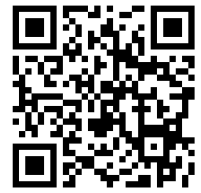




# Lesson Plan



BEGINNER/INTERMEDIATE WEEK 7

SKILL FOCUS : DANCE SKILLS


*warm-up-stretch*

SAFETY CHECK at the beginning of class. Take attendance. While you stretch in pike and straddle work on point/flex. They often say it hurts, explain how they are making muscles stronger



*floor*

Stations:  
 3 small hoop - pivot turn inside each one  
 Bridge over a domino mat (hold up one leg)  
 Leap over 4 fun sticks  
 Cartwheel chasse cartwheels, use blocks if needed

 **QUICK TIPS**  
 A chasse or gallop is a motor skill where the legs “chase” each other. Practice this skill as a group if you have time

*bars*

Group Game:  
 Make 2 lines at the low bar. Challenge your kids to go 2 at a time to complete the skill. Award “points” for straight legs and pointed feet. Ex: Wow! Nice feet, you get 10 points!  
 Skills to try- front support, casts, front roll off, chin hang, tuck hang, L-hang

If time allows let them have some fun at the pit doing straddle jumps into the blocks.

*beam*

Props and Dance Skills are the Focus today!

1. Walking with ribbons on a low beam
2. Tossing scarves to your partner on a low beam
3. Leaping over felt shapes on a low beam (or stepping over)
4. Releve stands and pivot turns on the NISSEN beam.

*Trampoline!*  
 Punch jumps with beautiful pointed toes, split jumps, straddle jumps, Chasses down the trampoline

 Athlete should bend the knees when they take off and when they land each jump. In ballet this is called PLIE (bend)



# Lesson Plan



ADVANCED/PREMIER WEEK 7

SKILL FOCUS : DANCE SKILLS


*warm-up-stretch*

SAFETY CHECK at the beginning of class. Take attendance. While you stretch in pike and straddle work on point/flex. They often say it hurts, explain how the muscles will loosen if they breathe while they stretch and distract themselves.



*floor*

Stations:  
 3 small hoop - half turns on one leg  
 Backbends, kickovers and walkovers with coach  
 Chasse step leap through over the fun sticks  
 Roundoff Rebound off a panel mat

 **QUICK TIPS**  
 A chasse or gallop is a motor skill where the legs “chase” each other. Practice this skill as a group if you have time

*bars*

Group Warm-Up:  
 Grab a small dry erase board and write them a warm-up (like the team kids)  
 Ex: 2 chin-up (with band), 10 sit ups, 5 casts in a row

After the warm-up give them some free time to work on the skill they need to check off or that they struggle to perform.

*beam*

Dance Skills are the Focus today!

Put together a short routine with acro and dance skills to work on transitioning from skill to skills.  
 Ex: Step kicks (3 times), straight jump, pose in a kneel, stand up, step leap

Have them show of their routine and see if they can help each other create a pose

*Trampoline!*

Punch jumps with beautiful pointed toes, split jumps, straddle jumps, Chasses down the trampoline

 Athlete should bend the knees when they take off and when they land each jump. In ballet this is called PLIE (bend)