

## Jazz I Curriculum

### Warm-Up:

1. Temp raiser/cardio
2. Roll down in 2<sup>nd</sup> position parallel, plié at bottom, stretch, roll up
3. Head, rib and hip isolations: single, double, and triple rhythm
4. Flat back: forward (and side) and hold, release, plié, stretch, roll up
5. Side stretch: side, down to center, roll up
6. Pliés: plié raise R arm to 2<sup>nd</sup>, plié raise L arm to 2<sup>nd</sup>, plié arms down cross and up, relevé arms open to 2<sup>nd</sup> (6<sup>th</sup>, 1<sup>st</sup>, parallel 2<sup>nd</sup>, 2<sup>nd</sup>) use jazz arms in parallel and ballet arms in turned out positions
7. Tendus: tendu close, tendu flex, tendu close, tendu close, tendu plié passé close (en croix or alternating sides)
8. Passé balancé and lunge: facing mirror so children can see if hips are square
9. Straddle sit and stretch
10. Long sit: facing side of the room
11. Butterfly sit and stretch: flat back and contract
  - No sit-ups or push-ups
  - Work splits every other week

### Across the Floor:

1. Jazz walks
2. Pivot turns: with 'V' arms low, middle, high
3. Battements turning: R front, L front, R side, R back, chassé to start again
4. Chaîné turns (arms in first): practice in plié, relevé, and in a square
5. Piqués: continuous singles, hands on shoulders, later opening to line of direction
6. Chassés: strong opposite arms
7. Chassés (in combo): two chassés and kick ball-change (does not change direction); two chassés and three step turn (changes directions)
8. Single and double tuck jump: arms out on chassé cross on step and up to high 'V' on jump
9. Grande jeté: chassé step jeté with straight legs

### Center:

1. Five step turn: with dig and touch
2. Triplet: crossing in front and back

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3. Pirouette: single and double en dehors, kick ball-change preparation or jazz pas de bourrée preparation
4. Traveling pirouette: two triplets and pirouette en dehors, moving towards the mirror
5. Lindy in a box and an 'L': chassé, ball-change (vary the arms)
6. Jazz square: alternating and in combo with lindy

### Combinations:

Each week spend the last 10 minutes of class teaching a combination of skills from the lesson plan. It is a good idea to work on one combination for a few weeks to the same song and then change.

### Things to Remember:

1. Do not worry if they are not keeping up with the syllabus
2. Don't be afraid to use hands on teaching
3. Keep warm-ups consistent (switch up music)
4. Stress body placement, pointed toes, straight legs!