Petit Ballet
dance studio

Jazz 1 Curriculum

Jazz for ages 8-9 will work on increasing flexibility through various stretches and introduce new jazz techniques every month. As the class continues through the year, the students will learn many jazz steps and tricks that will be implemented into the choreography. In December, the students will perform for family and friends to showcase their progress through a dance number. In May, the class will have another opportunity to perform for loved ones through a formal recital. The final show of the dance year will be an opportunity for the students to perform in costume at a formal venue.

*All performances will depend on COVID-19 restrictions.

During each class period, we will generally observe the following schedule:

-<u>Warm up</u> (5 minutes): Time to condition and strengthen our bodies through fun and energetic steps.
-<u>Stretch</u> (10 minutes): Introduces new ways to stretch our muscles and increase flexibility.
-<u>Introduction of New Technique/Skill</u> (15 minutes): The students will continue to expand their jazz knowledge as they learn a new skill and/or technique.
-<u>Choreography</u> (25 minutes): We will review the dance taught from previous weeks and continue with choreography while implementing the new technique/skill taught that day.
-<u>Cool Down</u> (5 minutes): Allow our bodies and muscles to relax before heading home.

Monthly Focus

September: Introduction of beginning jazz steps along with building confidence in class. Begin choreography.

October: Learn across the floor activities including leaps and various jumps.

November: Start the fundamentals of turning and review previous steps.

December: Prepare for the first performance by reviewing and cleaning choreography.

January: Continue with turning technique. Begin new choreography.

February: Practice independence and technique as we practice skills one on one.

March: Learn new jumps and tricks while doing across the floor activities.

April: Introduce dance improvisation and allow students to express themselves through dance.

May: Prepare for final recital.