AUTUMN LESSON PLAN

Level:

Week Tick List

	Teacher's Notes	Music	Props	1	2	3	4	5	6	7	8	9	10
GREETING & ETIQUETTE													
WARM UP													
Circle Warm Up													
Travelling Around The Circle													
Floor Stretch													
Isolations & Rolls													
CENTRE BARRE													
Demi Pliés & Body Rotation													
Tendus with Clap & Roll Up													
Taps & Stepping Over Leaves													
Jazz Arm Positions													
CENTRE													
Sautés & Claps													
In & Out Jumps With Hip Swings													
Side To Side Steps													
TRAVELING STEPS													
Transition To Traveling Steps													
Sideways Gallops													
Forward Gallop													

Jumping Into The Leaves										
Jazz Stations										
Skipping Relay										
Marching										
Autumn Falling Leaves										
ACROSS THE FLOOR										
Tumbling										
SONG & DANCE										
Teachers Own Choice From Angelina Song Collection										