WINTER 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 & Jazz Arms												
Tendus with Claps												
Taps												
Sautes												
CENTRE												
Sautés & Claps												
Jumping Open & Close with Arm Changes												
Rock Step Forward And Backward												
TRAVELING STEPS												
Transition To Traveling Steps												
Winter Theme: Bounce Steps Crossing The Rushing River												
Side Step and High Low												
Step Knee Hop												
Forward Gallop With A Jump												
Jazz Stations												
Winter Theme: Skating Relay												
Winter Theme: Step & Clap While Trudging In Snowshoes												
ACROSS THE FLOOR												
Tumbling Moving Like Animals												
SONG & DANCE												
Teachers Own Choice From Angelina Song Collection												