

Class Name: Combo II (Ages 4 1/2 & 5)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December of 2015. All our instructors are USAG certified and have completed safety certification.

Our Mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

Course Description: (Ages 4 1/2 & 5) This combo class is designed to introduce Ballet and Tap to the beginner dancer. Students spend half the class in ballet shoes and the other half in tap shoes. Students learn pre-ballet skills, coordination, fluidity, body positions, ballet terminology and the beginning basics of tap. It also introduces students to the basics of Jazz. Focusing on isolations, stretching, turns and leaps.

Skills/Positions List

Ballet:

Butterfly position

Pike position

Straddle position

First position

Second position

Plié (parallel)

Relevé (parallel)

Passé (parallel)

Jumping (up & down, open & close)

Plié (1st position)

Relevé (1st position)

Chassé (front/side)

Passé walks (parallel)

Tendu (from parallel and 1st) (front and side)

Dégagé from parallel and 1st) (side)

Sauté (1st & 2nd)

Relevé walks (forward & backward)

Arabesque

Echappé

Skipping

Glissade

Sauté passé (parallel, then turned out)

Tap:

Toe taps (front/side)
Heel digs (front/side)
Toe knocks
Toe drops (together/alternating)
Heel drops (together/alternating)
Toe drops - open & close
Heel dig stamp R, heel dig stamp L
Hop heel dig, switch, hop heel dig
Hop toe knock, switch, hop toe knock
Brush
Spank
Shuffle
Toe heel walks
Heel toe walks
Heel walks (forward/backward)
Shuffle hop
Ball-change
Shuffle ball-change
Flap (brush toe/step)
Flap heel
Cramp-roll
Paradiddle - dig, toe, heel - then add spank

Jazz:

Isolations - head, shoulders, hips
Flick kicks
Grand Battement - across floor
Chassé sideways
Leaps - grand jete
Step touch
Tuck jumps
Straddle jumps
Grapevine
Kick ball-change
Pivot turn
3 step turn

Course Outline:

Week 1 – Lesson plan includes various skills from list above. (Begins September 5th)
Week 2 - Lesson plan includes various skills from list above.
Week 3 - Lesson plan includes various skills from list above.
Week 4 - Lesson plan includes various skills from list above.
Week 5 - Lesson plan includes various skills from list above.
Week 6 - Lesson plan includes various skills from list above.
Week 7 - Lesson plan includes various skills from list above.
Week 8 - Lesson plan includes various skills from list above.
Week 9 - Lesson plan includes various skills from list above.
Week 10 - Lesson plan includes various skills from list above.

Week 11 - Lesson plan includes various skills from list above.

Week 12 - Lesson plan includes various skills from list above– Gym Closed Thursday – Saturday -
Thanksgiving week

Week 13 - Lesson plan includes various skills from list above.

Week 14 - Lesson plan includes various skills from list above.

Week 15 - Lesson plan includes various skills from list above.

Week 16 - Lesson plan includes various skills from list above.

Week 17 Christmas – Gym Closed

Week 18 New Years – Gym Closed

Week 19 - Lesson plan includes various skills from list above.

Week 20 - Lesson plan includes various skills from list above.

Week 21 - Lesson plan includes various skills from list above.

Virtual Links (if any): www.pimgymnastics.com