

**Class Name:** Combo III (Ages 6 to 8yrs old)

**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:** This class continues to build skills and advance students in Ballet, Tap and Jazz. This class is an hour long and will focus on two genres of dance per week. In Combo III dancers will do more skills at the ballet barre and increase their knowledge and skills in tap and jazz as well. (For the dancer who has completed *Combo II* or who is 6 to 8yrs old.)

#### **Skills/Positions List**

Ballet:

Butterfly position

Pike position

Straddle position

First position

Second position

Third position

Plié (parallel)

Relevé (parallel)

Passé (parallel and turned out)

Plié (1st position)

Relevé (1st position)

Chassé (front/side)

Passé walks (parallel)

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

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

Sauté (1st & 2nd)

Relevé walks (forward & backward)

Arabesque

Echappé

Skipping

Glissade

Sauté passé - (parallel and turned out)

Pas de Chat

Changement

Arabesque sauté

Pirouette

Chainé

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 (right and left)

Paradiddle - dig, toe, heel - then add spank

Maxi-ford (right and left)

Shuffle hop step (traveling)

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

Jazz square

Chassé ball-change

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](http://www.pimgymnastics.com)