

Class Name: Tap (Ages 6 & up)

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 6 & up) Tap is a fun, fast paced style of dance that teaches rhythm, counting and coordination. Tap class will consist of a warm-up of the feet and ankles, working on traveling steps across the floor, steps in the center and combinations toward the end of class.

Skills/Positions List

Foot/Arm Positions:

Parallel

First

Second

Skills:

Toe taps (front/side)

Heel digs (front/side)

Toe knocks

Toe drops (together/alternating)

Heel drops (together/alternating)

Toe drops - open & close

Brush

Spank

Shuffle

Shuffle stomp

Toe heel walks

Heel toe walks

Heel walks (forward/backward)

Shuffle hop

Ball-change

Shuffle ball-change

Flap (brush toe/step)

Cramp-roll

Paradiddle

Maxiford

Buffalo

Irish hop

Paddle roll
Back essence
Cincinnati
Shirley Temple
Waltz clog
Bombershay
Drawbacks
Traditional Time Steps
Buck Time Steps
Pullback
Wings
Grapevine

Turns:

Pivot turn

3 step turn

Chaine turn variations - toe heel, flap, flap heel, cramp-roll, maxiford, buffalo

Paddle 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