



LEAP 'N LEARN SYLLABUS
Lesson Planning Guide

Class Level: 5 Year Old
 Month: November
 Instructor: sample

Monthly Objective		Relationship to Others Refer to November Objectives to review variations
CD	#	Class Beginning & Warm Up:
Kids!	1	Share Time Dance Time (circle formation): Circle Dance & Claps/Pats to beat of music On Floor:
Kids!	2	-Snuggle and Stretch
Kids!	3	-Foot: flex and stretch
Kids!	4	-Neck and back stretches
Kids!	5	-Mermaid Swim
Kids!	6	-Cat stretch & balance
Kids!	7	Center Barre: 1 or 2 lines in center Butterfly port de bras
Kids!	8	-Pliés (parallel, 1 st , 2 nd)
Kids!	9	-Tendu (parallel & 1 st) 3 tendus R, 1 élevé, repeat L
Kids!	10	-Dégagé (parallel) slow R&L, quicker R,L,R,L
Kids!	11	-Battement piqué/Fairy Taps (6 parallel, parallel passé on 7, close on 8)
Kids!	12	-Battement piqué-repeat above faster
Kids!	13	-Flamingo passé: parallel-2 foot rolls, 1 passé
Kids!	14	Center: Weight shifts/rocks-add Ribbon Rings
Kids!	14	-side to side: 3 and circle arms
Kids!	15	-forward and back: 3 and hold, repeat 3xs, walk in small circle, other leg
Kids!	15	-Sautés from parallel: élevé, plié, sauté, pli
Kids!	16	-Sautés: 7 in first hold count 8 -Échappés: 3 and 1 port de bras
Kids!	19	Across the Floor: Group dancers in pairs. All traveling steps, concentrate on staying even with partner.
Kids!	17	-Ballet Walks-3 steps & hold tendu front
Kids!	20	-Flamingo passé walks in skater's hold -Fairy Bourrées-hold 1 scarf b/w pair keeping scarf soft & even w/shoulders. Bourrée 4 cts. Balance parallel demi-pointe 4 cts.
Kids!	21	-Skips: 4 forward, turn 180°, 4 backward-remain even w/ partner
Rainy Day	16-18	Free Dance/Special Exercises: Remind dancers about spacing. Right Hand Star: Circle: 8 bourrées R, 8 bourrées L
Kids!	43	Free Dance: around circle w/ skips and gallops. Repeat Star & Free Dance. Reverance. Stickers and goodbye.