

Acrojazz 1 Syllabus

General Goals: to work individually with students to introduce or expand their technical training, increase their performance quality, and continue to develop flexibility, spacial awareness, and staying focused in class.

Skills Introduced:

- Splits (right, left, center)
- Cartwheels & 1 Handed Cartwheels (right and left)
- Standing Backbend
- Headstand
- Elbow Stand
- Inside Outs
- Handstand
- Backbend Kickover
- Handstand Backbend
- Handstand Roll
- Front Roll, Back Roll, Dive Roll
- Spotting Cartwheels
- Extension Cartwheels
- Tinsinca
- Cabriolle cartwheel
- Switching Cartwheel
- Shoulder Roll
- Round Off
- Round Off Rebound
- Tick Tock
- Thigh Balance
- Partner Seesaw
- Partner Cartwheel
- Front Handspring

Classroom Etiquette to Introduce and Reinforce:

- Entering Class Ready to Dance
- Going straight to warm up (not playing on equipment)
- Hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class

Structure of Class:

The first 10-15 minutes of each class is dedicated to warming up the student and working on flexibility. The next 15-30 minute section focuses on technique and mastering skills both center floor and across the floor. During the last 10 minutes a combination is taught, or recital choreography begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their

technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

Emphasis on Flexibility:

Students will work each week on obtaining their right, left, and middle split. It is imperative that a dancer start to build their flexibility at this age. Lack of flexibility will impede their ability to execute future skills and tricks in the future if it is not developed now. Teachers lead stretches so that the student is in total control of their weight distribution and flexibility – students are **never** physically pushed or forced into their splits or any other stretch.

Emphasis on Performance:

Students are expected to rehearse class routines outside of class. CenterStage offers many tools to do this, including uploading music and practice videos to our YouTube channel. During class, teachers may choose to have students perform their routine in groups or individually, to assess what the student knows and what they need to work on. A student's knowledge and execution of their routine will also affect their positioning in the dance (i.e.: students unsure of their routine may be placed in the second or third row). This is for their own comfort ability so that they can watch other students who are more confident in remembering their moves. Ultimately though, it is our goal that each student memorize their routine.

Reinforcement:

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.

Future Placement:

At this point, our acro 1 class is small enough for an instructor to work individually with students to ensure growth and development.