

## Elementary Acrojazz Syllabus

**General Goals:** Build on foundational acrobatic and jazz dance skills, enhancing strength, flexibility, coordination, and body awareness. Develop confidence in executing more complex movements and combining acrobatic elements with jazz dance techniques. Foster creativity and expressiveness in movement, encouraging students to explore their individual style.

### Skills Introduced:

#### Acrobatic Skills:

- Somersault
- Bridge
- Bridge with One Leg
- Bridge Rocks
- Back Bend into Bridge
- Bridge Rise Up
- Handstand
- Handstand Press Ups
- Handstand to Somersault
- Handstand to Bridge
- Walk on Hands (Start Trying)
- Elbow Stands
- Chest Stands
- Cartwheel (Right & Left)
- Front Walkovers
- Back Walkovers
- Floor Balance
- Beam Walk
- Log Rolls
- Right & Left Splits
- Round Offs

#### Jazz Dance Skills:

- Battements
- Battement Drop to Knee
- Crab Crawl
- Bear Crawl
- Sassy Walks
- Walk Through Passé
- Walks in Forced Arch
- Grapevine
- Ball Change
- Three Step Turns
- Chassé
- Pivot Turns
- Walk Around Self in Circle
- Leap
- Jump Turn
- Sugars
- Fan Kicks
- Hitch Kicks

#### Classroom Etiquette:

- **Listening and Respect:**
  - Students are expected to listen carefully to instructions, show respect to teachers and classmates, and maintain focus during class.
- **Taking Turns:**
  - Emphasizing patience and the importance of waiting for turns during exercises and activities, encouraging support for peers.
- **Safety Awareness:**
  - Teaching students to be mindful of their surroundings and practice safe techniques to prevent injury.
- **Positive Attitude:**

- Encouraging students to maintain a positive attitude, a willingness to try new movements, and to support their classmates.

### **Structure of Class:**

- **Warm-Up (10-15 minutes):**
  - Start with a comprehensive warm-up that includes stretching, strength exercises, and basic movements to prepare the body for acrobatic and jazz dance exercises.
- **Skill Development (25-30 minutes):**
  - Focus on practicing the specific acrobatic and jazz dance skills listed above. Each class will introduce and reinforce a selection of these skills, with repetition to build confidence and mastery.
- **Combination and Application (15-20 minutes):**
  - Combine acrobatic and jazz dance skills into short routines or sequences, allowing students to apply what they've learned in a creative and expressive way.
- **Cool Down (5-10 minutes):**
  - End with a cool-down period, including stretching and relaxation exercises, to help students wind down and reflect on the day's activities.

### **Emphasis on Fun and Safety:**

- The class will prioritize creating a fun, safe environment where students can explore acrobatic and jazz dance techniques at their own pace.
- Positive reinforcement will be used throughout the class to encourage participation and celebrate progress, helping students build confidence and enjoyment in their practice.

### **Future Progression:**

- As students master the skills in this syllabus, they will be prepared to move on to more advanced levels of acrobatics and jazz dance, with an emphasis on refining technique and introducing more complex movements.
- Progress will be assessed by the instructor, focusing on the student's comfort, confidence, and consistency with each skill.