



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

BEGINNER DANCE

DAY OF THE WEEK: THURSDAY, MARCH 19

FOCUS: PORT DE BRAS

Try these positions at home! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall). Once you've mastered the feet and arms separately try moving through arms together and see how fast you can go, while of course keeping great posture.

<https://www.youtube.com/watch?v=KamuzJs7CpQ>

DAY OF THE WEEK: FRIDAY, MARCH 20

FOCUS: DEMI PLIES & GRAND PLIES

Demi means small, Grande means big and plie means to bend! Try 2 Demi Plies and then 1 Grand plie and count to 8. 1 demi should take 2 counts and your grande plie should take 4 counts.

1,2 Demi 3,4 Demi 5,6 grande plie all the way to the floor 7,8 back up to standing. (remember head up back straight) Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall). It's all about posture and straight lines!

<https://www.youtube.com/watch?v=ZVefH7S9-CM>

DAY OF THE WEEK: SATURDAY, MARCH 21

FOCUS: TENDU

Tendu means to stretch and that's just what you're going to do! Stretch the foot. Try your tendu in 1st, 2nd and 5th position with your arms and then try to count backwards from 4 on each leg! 4 right, 4 left, 3 right, 3 left, 2 right, 2 left 1 right and 1 left.

<https://www.youtube.com/watch?v=OlqAsx-YFNc>



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DAY OF THE WEEK: SUNDAY, MARCH 22

FOCUS: RELEVE

Releve means to balance on your toes. Try your releves with your arm positions! Releve with 1st position arms, Releve with 2nd positions arms, Releve with 3rd position arms, Releve with 4th position arms and Releve with 5th position arms! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall).

<https://www.youtube.com/watch?v=rNUZ1s150uc>

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/2WkCHpw>

DAY OF THE WEEK: MONDAY, MARCH 23

POP QUIZ! Let's try what we've learned so far!

You can hold the wall or a chair for balance try demi plie, demi plie, grande plie, 4 tendu on the right, 4 tendu on the left, Releve up and rest. How did you do? Ready for something a little harder? I think you can do it! Try the same combination with your arms in 1st, 2nd, 3rd, 4th and 5th position!

DAY OF THE WEEK: TUESDAY, MARCH 24

FOCUS: ARABESQUE

It means to take one leg back like a kick, but you hold it in the air! Can you count to five while your leg is in the air try your right and left? I knew you could do it! Now try 10 seconds!

<https://www.youtube.com/watch?v=mD3CB2jzzhE>



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DAY OF THE WEEK: WEDNESDAY, MARCH 25

FOCUS: PAS DE CHAT

Pas De Chat means step of the cat. We get to Jump like Cats! Try your arms in 2nd position. Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall). How many can you do in a row? Try 2, then 3, then 5!

https://www.youtube.com/watch?v=2ZFaUqV3_Do

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/392eerN>

DAY OF THE WEEK: THURSDAY, MARCH 26

POP QUIZ! Let's try what we've learned so far!

Try it to your favorite Disney song! I like to do mine while I sing Frozen's "Let it go"

1, 2 Demi plie 3, 4 Demi plie 5, 6, 7, 8 Grande Plie

1, 2 Releve, 3 tendu right, 4 tendu right, 5 tendu right, 6 tendu left, 7 tendu left, 8 tendu left

1, 2 Arabesque right and hold 5, 6, 7, 8

1, 2 Arabesque left and hold 5, 6, 7, 8

1, 2 Pas De Chat, 3, 4 Pas De Chat, 5, 6 Pas De Chat, 7, 8 Pas De Chat

DAY OF THE WEEK: FRIDAY, MARCH 27

FOCUS: BOURREE

Bourrée means to take small quick little steps. Try your bourrée's with your arms in 5th position moving to the front back and side! You're such a natural! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall).

<https://www.youtube.com/watch?v=plyzKlinZPg>



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DAY OF THE WEEK: SATURDAY, MARCH 28

FOCUS: RETIRE

Retiré means to is a balancing on one foot while the other is bent at the knee. It's like making the number 4 with your feet! Omg, how cool is that. Remember to stand straight and long like a popsicle. Head held high (so your crown doesn't fall).

<https://www.youtube.com/watch?v=UtCOx6S49QA>

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/2x2J7yV>

DAY OF THE WEEK: SUNDAY, MARCH 29

PERFORMANCE!

Performance (Lets play your favorite song) Remember count to 8 for all your steps, Stand straight and long like a popsicle. Head held high (so your crown doesn't fall). Ask your parent to record you and be sure to post it to our social media pages!

1, 2 Demi plie 3, 4 Demi plie 5, 6, 7, 8 Grande Plie

1, 2 Releve, 3 tendu right, 4 tendu right, 5 tendu right, 6 tendu left, 7 tendu left, 8 tendu left

1, 2 Arabesque right and hold 5, 6, 7, 8

1, 2 Arabesque left and hold 5, 6, 7, 8

1, 2 Pas De Chat, 3, 4 Pas De Chat, 5, 6 Pas De Chat, 7, 8 Pas De Chat

1, 2, 3, 4 Bourrée to the right, 5, 6, 7, 8 Bourrée to the left

1, 2, 3, 4 Bourrée to the front, 5, 6, 7, 8 Bourrée to the back

1, 2, 3, 4 Retiré to the right, 5, 6, 7, 8 Retiré to the left

Here's a virtual dance class to the book "Where the Wild Things Are"

<https://www.youtube.com/watch?v=ZMufW5rOcnY>