



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

BEGINNER DANCE

PHOTO JOURNAL TERMINOLOGY CHALLENGE

DAY OF THE WEEK: MONDAY, MAY 25

FOCUS: Show your best ARABESQUE!

Remember hold your core tight and shoulders back and head held high... & POINT THAT TOE!

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: Pick a position: PORT DE BRA

Posture is everything so remember shoulders back and remember to really stretch through your fingertips and toes.

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: GRAND PLIE

Can you hold your grand plie and count to 5???

DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: RELEVE

Show us your best Releve in 5th and remember arms too!

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: BOOMERANG: LEAP

Count to 3 and take off! Point your toes!



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DAY OF THE WEEK: SATURDAY, MAY 30

FOCUS: SHOW OFF YOUR COMBO!

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: SUNDAY, MAY 31

FOCUS: DEGAGE

In first position do a countdown from 8.

8 right, 8 left, 7 right, 7 left, 6 right, 6 left, 5 right, 5 left, 4 right, 4 left, 3 right, 3 left, 2 right, 2 left, 1 right and 1 left

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: GRAND BATTEMENT

High kicks in first position, try 4 on the right and 4 on the left.

*remember your posture, do not slouch



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DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: BOOMERANG: PAS DE CHAT

Try the perfect cat jump!

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: SAUTE JUMPS

8 in 1st , 8 in 2nd and 8 in 5th...NONSTOP! If you stop start over!

DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: TRY THIS COMBO

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

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: RIGHT SPLIT

Show us your best right leg forward split or half split!



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DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: LEFT SPLIT

Show us your best left leg forward split or half split

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: SHOW US YOUR CHOREOGRAPHY!

Create a short dance or combination of (3) 8 counts!