



DANCE N LEARN

WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S DANCE CLASS:

- For many students dance is one of the first activities they participate in independently. It is normal for children this age to have separation anxiety or get upset when leaving mom. This is normal behavior for this age. Most dancers will relax after a few minutes and have a great time in class. Please see our handout on separation anxiety.
- Please take your dancer to the potty before class. The class is only 30 minutes long. Once one dancer has to go potty, the rest do too and are distracted for the remainder of the class.
- Dancers must follow the "Dancers Manners"
 - Eyes on the teacher
 - Be a first time listener
 - Wiggly fingers on your hips
 - Wait your turn
- Young students love consistency and predictability in class, it helps them to free up brain space so they can focus on the current activity. Consistency also helps relieve anxiety since they know what to expect. We will use the same class structure throughout the year and will modify, add, or change activities as the students develop through the year.
- Students will engage in pretend play and games during class. Pretend play for young children is like a dress rehearsal for real life.
- Students at this age develop very quickly and at different rates. Abilities will vary within a class.
- Students will get a stamp at the end of class for participation. Dancers will get a sticker in the teacher's book for good behavior and listening in class. Students who are having a hard day will not get a sticker in the teachers book. Please let us know if your child is having a rough day, in turn we will let you know if your child was having a rough day in class. We want to keep the lines of communication open.

WHAT SKILLS YOUR CHILD WILL LEARN IN DANCE N LEARN:

- Body Isolations (head, shoulders, torso, arms, and legs)
- Pointed and flexed feet
- Ballet 1st and 2nd position
- Rocking (transferring weight from one foot to the other)
- Plié (to bend the knees)
- Tendu (stretched)
- Relevé
- Passé
- Saute'
- Gallops
- Chassé (to the side)
- 2 footed jumps
- Routine and etiquette
- Taking turns
- Pretend play
- Patterns (high and low)
- Pathways (curvey, straight, zig zag)
- Directions (forward, backward, sideways)
- Movement type (fast, slow, sharp, smooth)
- Action words (wiggle, shake, spin, turn, melt, sway, push, pull, bounce, glidw)