

FUN HOME PRACTICE WORK SHEET 1

MARCHING

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

I LOVE THIS ROUTINE BECAUSE:

SKILLS I WILL FOCUS ON IN TERM 2:

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WARM UP

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

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FLOOR DRILL

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

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RELAXED

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

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EXERCISES

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

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DANCE

SKILLS IN MY ROUTINE:

- Toe points
- Trunk forward bend
- Crossing step
- Splits
- Long sit
- Lunge
- Heave
- Square kneel
- Marching to the beat
- Plie
- Astride sit
- Balance on one leg
- Expression
- Turnout
- Posture
- Control
- Strong legs
- Focus
- Lilt
- Soft hands
- Strong arms
- Head up
- Incline work
- Side/back toe point

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