



## Age Group Skills and Concepts

**3 year olds**

**Walk (all directions)**

**Kick**

**Run**

**Leap (super big run)**

**March**

**Gallop**

**Jump**

**Frog jump**

**Star jump (on trampoline)**

**Military crawls (snake crawls)**

**Bear Walks**

**Log rolls**

**Three step turns**

**Bourrée walks**

**Bourrée turns**

**Chassé (sideways)**

**Échappé**

**Plié**

**Relevé**

**High/Medium/Low levels**

**Fast and slow**

**Freeze Dance**

**Dancing with props**

**Creativity!**

**4 year olds**

**(all 3 year old skills)**

**One foot hops**

**Balance on one leg**

**Straight leg leaps**

**Donkey Kicks**

**First position**

**Second position**

**Chainé turns**

**Pas de chat**

**Retiré**

**Varied floor pathways**



## Age Group Skills and Concepts

**5 year olds**

**(all 3 and 4 year old skills)**

**Skip**

**Balances on tip-toe (2 foot)**

**Jazz walks**

**Jump turn around (feet parallel)**

**Tuck jump**

**X-jumps**

**Third position**

**Arabesque**

**Sauté in first and second**

**Sauté passé**

**Sauté arabesque**

**Tendu**

**Shaping of arms and head**

**Sharp/Smooth**

**Counting Musical Beats**

**Remembering short combinations**

**Dancing with partners**

**6-7 year olds**

**(all younger age group skills)**

**Ball change kick**

**Side leap**

**Jazz floor roll**

**Back shoulder roll**

**Pirouettes**

**Assemblé**

**Glissade**

**Pas de Bourrée**

**Rond de jambe**

**Step-up turns (lame duck turns)**

**Cartwheels**

**Contract/Expand**

**Add counts to a dance combination**

**\*All of these skills are flexible with regards to age. Some students are ready at different ages.**