


LESSON	1	2	3	4	5
Skills	<p>Warm-up</p> <p>Chasse_Front_Horiz_Pivot Chaine Turn – 360 Turn Progression chart – 3 skills Shape circuit</p>  <p>Activity sheet: Two sides to bookmark</p>	<p>Passé Balance</p> <p>Side Bodywaves - Progression chart – 2 skills Cool bananas Skills from Video_W2</p>  <p>Activity Sheet: Zebra splits</p>	<p>Warm-up</p> <p>Rotations with body</p> <p>BODY skill_Passe Pivot BODY skill_Grovel Progression chart – 3 skills</p>  <p>Activity Sheet: Balancing Zebra</p>	<p>Stretching</p> <p>Rotations – Chaine Turn ROPE_Pull Back Rope ROPE_Skipping Chasse Left & Right Progression chart – 2 skills</p>  <p>Activity sheet: Rhythmic Gymnastics Story</p>	<p>Warm-up</p> <p>ROPE_Figures of Eight</p> <p>Side Bodywave_Rope Passe Pivot with rope</p> <p>Shapes – 3 skills</p>  <p>Activity Sheet: Parts of Body</p>
	LESSON	6	7	8	9
Skills	<p>Feet warm-up</p> <p>ROPE_L2_Skills Progression chart – 3 skills Shapes</p>  <p>Side bodywaves Activity Sheet: Breathe, Movement and Relaxation</p>	<p>Ballet positions (+Arms)</p> <p>HOOP_skipping through Hoop_Butterflies Hoop_Frontal_Rotations Hoop_Tuck Jump Through</p>  <p>Activity sheet: Connect the dots</p>	<p>How do we move sideways?</p> <p>Side chase Hoop skills_W8</p>  <p>Activity Sheet: Draw a picture of yourself doing passe balance</p>	<p>Hoop Level 1 Routine</p> <p>Shapes circuit Head, shoulders, knees and toes L1 Ball skills</p>  <p>Activity Sheet: Let's Breathe</p>	<p>Progression chart</p> <p>You did it! – Well done Wrap-up Party Stickers are on!</p>  <p>FINAL Zoom online lesson Activity Sheet: My Family</p>