



PODAR ENRICHMENT ACADEMY

Learning for life

Year 2011 - 12

JAZZ [WESTERN DANCE]

"PLAN FOR 30 SESSIONS OF AEROBICS N WESTERN DANCE"

30 SESSIONS: We kickstart with an aerobic workout which includes stretching, squats ,step touch, shoulder ,neck n arm rotations, on the spot marching ,shuffle ,passé etc In each session so that each child enjoys as well as gets fitter .

"1ST 10 SESSIONS": will include a beginner's level of Dancercise for them. We complete an average of 3 - 4 songs depending on their grasping ability. Those will Include 1 Hindi remixed song according to the Children's choice and the others English latest tracks. The 10th session will be a complete revision.

"2nd 10 sessions": These will be a little Elementary session where the kids will learn combination dance moves. They will learn to combine two dance steps into one dance move in a slightly higher tempo of music. In these sessions we will complete 3 - 4 songs with an Elementary level for kids. We will also INCORPORATE usage of different props so there is no "routine" and the kids are always excited and look forward to each new class. There will be a marked difference in the children's flexibility and rhythm. 1 Hindi remixed track and others will be English tracks. 10th session will be a revision of everything completed so far.

"3rd 10 sessions ": This will include higher advanced dance moves for kids. Pair dancing a little bit of cha cha cha and a combination of salsa aerobics too! 2 - 3 songs is the target of songs to be completed. We will go through a complete revision of everything done so far. PERFORMANCE DAY we aim at putting up atleast 7 - 8 songs and each child will perform his/her best on stage.

SONGLIST: All workouts will be on trance music and songs such as:

LOU BEGA

CRAZY FROG

CHA CHA CHA (western)

RICKY MARTIN n so on a forth all latest releases.

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