

GRADE 2 MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Side Stretch					
Forward Stretch					
Foot Exercise					
Girls Arm Exercise					
Bounces					
Combination Step Slow					
Combination Step Medium					
Combination Step Fast					
Walks					
Turns					

Set Rhythm					
Unset Rhythm					
Lyrical Amalgamation					

GRADE 3 MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Forward Stretch					
Abdominal Exercise					
Leg Stretching & Front Kicks					
Tendus					
Girls Arm Exercise					
Boys Arm Exercise					
Isolations					
Triple Runs					
Girls Turns					
Boys Turns					

Push Ups (girls & boys can try this)					
Set Rhythm					
Unset Rhythm					
Combination Step A					
Jazz Amalgamation					

GRADE 4 MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Forward & Side Stretch					
Spine Loosening & Abdominals					
Front & Side Kicks					
Hip Loosening					
Tendus					
Girls Arm Exercise					
Boys Arm Exercise					
Girls Turns					
Boys Turns					
Isolations					

Push Aways (boys)					
Set Rhythm					
Unset Rhythm					
Combination Step A					
Jazz Amalgamation					

GRADE 5 MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Sequence of Stretches					
Floor Limbering					
Tendus					
Arm Exercise					
Isolations					
Sequence of Walks					
Turns					
Kicks					
Foot Warm Up					
Improvisation					

Vocab Steps					
Jazz Amalgamation					

GRADE 6 MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Core Strengthening					
Jazz Arms					
Isolations					
Beathe & Release					
Kicks					
Foot Warm Up					
Turns					

Improvisation					
Vocab Steps					
Jazz Amalgamation					

INTERMEDIATE MODERN CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up Part 1					
Warm Up Part 2					
Warm Up Part 3					
Forward Stretch					
Side Stretch					
Plies					
Foot Exercise					
Contraction					
Abdominal					
Leg Stretching					
Side & Round Kicks					
Rhythm					