







NOVEMBER 2024

Name: _____
Position: _____

CHALLENGE
14
DAYS







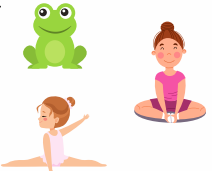

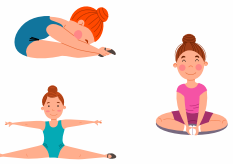




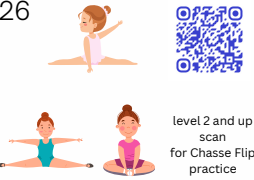
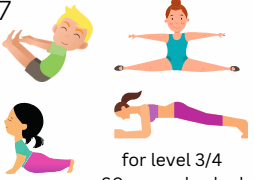



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01  List two new things that you've noticed from the picture and one new thing you can apply in the class - need parents assist	02 
03  PLIÉ (PLEE-YE) BENDING THE KNEES	04 	05 	06 	07  for level 3/4 superman pose	08 	09 
10  TENDU (TAHN-DEW) EXTENDING THE LEG	11 	12  level 3/4 scan for Assemblé practice	13 	14 	15 	16 
17  DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	18 	19 	20  20 SIT UPS or more	21 	22  Level 3/4 scan QR code for Temps Levé Pas De Chat practice	23 
24  Lis five things you are thankful for.	25 	26  level 2 and up scan for Chasse Flip practice	27  for level 3/4 60 seconds plank	28  Make a turkey dance to celebrate!!	29 	30  Scan the QR code TAKE THE QUIZ AND WATCH THE VIDEO FROM FEEDBACK



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