



Name: Position: CHALLENGE 14 DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					O1 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		05	06 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	07 2 2 for level 3/4 superman pose		09
10 TENDU (TAHN-DEW) EXTENDING THE LEG		12 Level 3/4 scan for Assemblé practice	13 13 13 13 13 13 13 13 13 13 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 15 1			16
17 DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE		¹⁹	20 20 SIT UPS or more	21	22 22 24 25 25 25 25 25 25 25 25 25 25	23
24 COUNTER DESSINGS Lis five things you are thankful for.	25 ()	26 Level 2 and up scan for Chasse Flip practice	27 27 5 5 5 5 5 5 5 5 5 5 5 5 5	28 Make a turkey dance to celebrate!!	29	30 Scanthe OR code TAKE THE QUIZ AND WATCH THE VIDEO FROM FEEDBACK





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17 DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE		¹⁹	20 20 SIT UPS or more	21	22 Revel 3/4 scan QR codefor Temps Levé Pas De Chat practice	23
24 COUNTER DESERVES Lis five things you are thankful for.	25 2 5 2 5 2 5 2 5	26 level 2 and up scan for Chasse Flip practice	27 27 5 5 60 seconds plank	28 Make a turkey dance to celebrate!!	29	30 Scan the QR code TAKE THE OUIZ AND WATCH THE VIDEO FROM FEEDBACK