

 Dance  Practice  Tracker  GRADE 1	✓	✓	✓	✓	✓	✓
<b>WARM UP</b>						
<b>LIMBERING AND MOBILISING</b>						
<b>FLOOR STRENGTHENING</b>						
<b>ISOLATIONS</b>						
<b>ARM SEQUENCE</b>						
<b>PREPARATION FOR PIROUETTE</b>						
<b>ELEVATION AND TRAVEL</b>						
<b>PERFORMANCE PIECE</b>						
<b>PRACTICE COMPLETE!</b>						
<b>STICKER EARNED!</b>						

 Dance  Practice  Tracker  DEBUT	✓	✓	✓	✓	✓	✓
<b>WARM UP</b>						
<b>LIMBERING AND MOBILISING</b>						
<b>FLOOR STRENGTHENING</b>						
<b>ISOLATIONS</b>						
<b>PREPARATION FOR PIROUETTE</b>						
<b>ELEVATION AND TRAVEL</b>						
<b>PERFORMANCE PIECE</b>						
<b>PRACTICE COMPLETE!</b>						
<b>STICKER EARNED!</b>						

 Musical  Theatre  Practice  Tracker	✓	✓	✓	✓	✓	✓
<b>LINES</b>						
<b>SONG</b>						
<b>DANCE</b>						
<b>UNDERSTANDING AND REFLECTION</b>						
<b>STICKER EARNED!</b>						