

What to Look for at Parent Watch Week — Beginner to Junior 1

Parent Watch Week is an opportunity for our families to view the progress of their children in their classes. Here are some important things to think about and look for when watching the class:

Standard	Students must achieve the set standard in a class before moving to the next level. Just like swimming lessons, specific skills must be completed and all areas of the syllabus (exercises) must be performed properly in order for students to safely move to the next grade.
Posture & Core Strength	Does your child attempt to stand up straight and pull in the abdominals?
Use of Turnout	When the concept of turnout is introduced, your child's teacher will talk about turning out from the hips. See if your child is turning out both at the hips and the feet.
Stretch Through Feet and Legs	Children should attempt to point their feet when they are off the floor and work on stretching through the backs of the knees. Both these skills take time to develop.
Flexibility	Your child will be encouraged to stretch out their bodies. Children who are very tight in the backs of the legs can be encouraged to repeat this stretch gently at home.
Placement & Co-ordination of Arms	Dancers should try to replicate the shape of the teacher's arms when asked. This is easier to do when standing still and becomes more difficult when moving the feet.
Memorization, Musicality & Performance	Students should be moving in time to the music and should work on the counting like the teacher (in their heads). They should start to know the basic terms and what the terms mean.

Some reasons that students are not ready to move to the next level include:

Students who Lack Focus	Students who cannot focus for short periods of time (ie one exercise or one section of the dance) may not be emotionally ready to move to the next level.
Students with Poor Attendance	Students who are late or absent miss crucial information and physical development. Attending class is the only way to improve.
Development	Students develop at different rates, and if for some reason your child is not ready emotionally or physically, it may be best to repeat a level to increase the student's sense of confidence and success.

We hope that you will enjoy the open house and that this information is helpful to guide your observations. Our teachers will also explain during the classes what is expected at each level. Please do not hesitate to contact our office (780-440-2100, admin@esbdance.com) if you have any questions for your child's teacher.

