

Middle School Dance Practice Log

Name _____ week of _____

- All middle school dance majors are required to practice in class concepts/technique/specific goal given by teacher.
- ALL grades must have a total of: **3 hours**
- **Only 1 hour can be used for your outside dance studio time or if you do not attend an outside dance program, you can also take an online dance, yoga, or pilates class.**
- **2 hours MUST be a dance technique that we have been working on in class.**
- A dance teacher or parent must sign off on the hours listed on log.
- Logs are due every Monday by the beginning of your class time.

Dance studio I attended or online class

	Date <i>(i.e. Monday Oct 10th)</i>	Time <i>(i.e. 9:15- 10:15)</i>	What you did at your studio/ online class. Be specific.	What did you practice at home on your own that reflects what we did in class? <i>(I stretched for 10 mins (splits, right left and center, then reviewing ballet barre combinations focusing on proper alignment.)</i>
virtual class or dance studio class (only 1 hr)				
Practice/rehearse/ review Technique that we have been working on in class (only 2 hrs)				
Total hours = 3 hours:				
Parent or dance teacher signature				