

3-WEEK DANCE CURRICULUM SPRINT WORKBOOK

**BUILD YOUR DANCER FROM
START → FINISH**



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WELCOME TO THE CURRICULUM SPRINT

Over the next 3 weeks, you will build your studio's training system from the end result → backward into structure → down to age progression.

This sprint is designed to move you from:

GUESSING WHAT YOU TEACH



A CLEAR INTENTIONAL DEVELOPMENT PATHWAY

By the end of these 3 weeks, you will:

- Define your **end dancer**
- Align your **programs + styles**
- Build a **clear progression from age 3 → senior**

How This Workbook Works

Each week:

1. You will define or map one layer of your curriculum
2. You will reflect on what is currently happening
3. You will identify gaps
4. You will make **one strategic decision**
5. You will document that decision here

👍 Same principle as your sprint:

**STAY CLEAR. STAY HONEST. STAY FOCUSED.
THAT'S HOW THIS WORKS.**



WEEK 1: DEFINE YOUR END DANCER

Why this Matters

"If a student finishes your program... what do they actually become?"

Most studios teach classes.

Strong studios build **dancers with intention.**

STEP 1

Define the End Dancer

What should a graduating dancer be able to do?

TECHNICAL SKILLS

1. _____
2. _____
3. _____
4. _____
5. _____

ARTISTRY / PERFORMANCE

1. _____
2. _____
3. _____
4. _____
5. _____



KNOWLEDGE

1. _____
2. _____
3. _____
4. _____
5. _____

CHARACTER / HABITS

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 2

Make it Measurable

Turn vague ideas into clear outcomes.

Example: "Strong technique" → "Consistent double pirouette"

YOUR MEASURABLE OUTCOMES

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |



STEP 3

Reality Check

REFLECTION:

Does this match what your studio currently produces?

What feels unclear or inconsistent?

STEP 4

Identify the Gap

Where are you falling short?

- ☐ Technique is inconsistent
- ☐ No clear performance training
- ☐ Lack of structure across levels
- ☐ Students plateau early
- ☐ Other: _____

STEP 5

Define the Standard

Complete this sentence:

👉 A dancer who graduates our program can:



STEP 6

Choose Your Focus

You are not fixing everything. Choose ONE priority.

Our biggest gap right now is:

STEP 7

Decision

We will improve our dancer outcome by:



WEEK 1 HOMEWORK

(Prepare for Week 2)

- ☐ List all dance styles/programs you offer
- ☐ Bring current class structure

DID I COMPLETE THIS MODULE? ☐ Yes ☐ No



WEEK 2: BREAK DOWN BY STYLE / PROGRAM

Why this Matters

"What does 'great' look like in each style?"

Not all training is equal.

Each style should intentionally build toward your end dancer.

STEP 1

Map Your Programs

	STYLE 1	STYLE 2	STYLE 3	STYLE 4
Style Name				
Technical Requirements (ex: <i>tendu, battement, dbl pirouette</i>)				
Style-Specific Skills (<i>energy and flow</i>)				
Performance Quality (<i>emoting, telling a story, stage presence</i>)				



	STYLE 5	STYLE 6	STYLE 7	STYLE 8
Style Name				
Technical Requirements <i>(ex: tendu, battement, dbl pirouette)</i>				
Style-Specific Skills <i>(energy and flow)</i>				
Performance Quality <i>(emoting, telling a story, stage presence)</i>				

STEP 2

Identify Patterns

REFLECTION:

What overlaps across all styles?

What is missing or inconsistent?



STEP 3

What This is Telling You

High Clarity Programs:

- Clear outcomes
- Easy to teach
- Strong results

👍 THESE ARE YOUR STRENGTHS

Low Clarity Programs:

- Inconsistent teaching
- No clear progression
- Confusing for staff/students

👍 THESE ARE YOUR OPPORTUNITIES

STEP 4

Diagnose the Gap

Why are programs not aligned?

- ☐ No defined outcomes per style
- ☐ Teachers doing their own thing
- ☐ No progression system
- ☐ Styles taught in isolation
- ☐ Other: _____

STEP 5

Choose Your Focus

Which program needs the most work?

PROGRAM: _____



WEEK 3: BUILD YOUR PROGRESSION

(AGE 3 → SENIOR)

Why this Matters

“Do your students know what comes next?”

Without progression:

- Students plateau
- Parents get confused
- Retention drops

STEP 1-3

Build Your Progression (Senior → Age 3)

Choose 1 dance style and fill this out starting from your **Senior level**, then work backward. You will have to repeat this exercise for each dance style.

DANCE STYLE: _____

LEVEL	AGE GROUP	WHAT THEY MUST ACHIEVE AT THIS LEVEL	WHAT THEY NEED BEFORE THIS LEVEL (Prep for Next Stage)
Jazz 2	9-12 yr	Dbl pirouette, six step prep, grand jete, tilt jump, chaine turns	Single pirouette, ball change/pivot turn, grand battement front and back, grand battement side/passe jump, traveling across the floor

**example only, fill out on following pages*



DANCE STYLE: _____

LEVEL	AGE GROUP	WHAT THEY MUST ACHIEVE AT THIS LEVEL	WHAT THEY NEED BEFORE THIS LEVEL (Prep for Next Stage)

STEP 4

Identify Patterns

REFLECTION:

Where are the gaps?

Where are expectations unclear?

STEP 5

Diagnose the Gap

Why is progression not working?

- ☐ No clear pathway
- ☐ Skills jump too quickly
- ☐ Classes not connected
- ☐ Age & ability mismatch
- ☐ Other:



STEP 6

Define Your Pathway

👉 A student in our studio progresses like this:

STEP 7

Decision

We will improve progression by:

FINAL OUTCOME

By completing this sprint, you now have:



A DEFINED **END DANCER**



CLEAR **PROGRAM EXPECTATIONS**



A STRUCTURED **PROGRESSION PATHWAY**