

MCKEEVER SCHOOL POINTS SYSTEM

Printable

1 POINT



- Use any of the printable materials in the digital learning center.
- Write down your steps.
- Journal about your practice session.

GET INSPIRED

1 POINT



- Use any of the inspiring content in the digital learning center.
- Watch any Irish Dance shows or videos on any platform.
- Listen to music that makes you want to dance.
- Visualize your dances.
- Sing your dances.

JUMP AND HAVE FUN!

2 POINTS



- Use any of the "Jump and Have Fun" videos in the digital learning center.
- Turn on some fun music and dance around for the entire song. You can improvise a never before seen Irish Dance or do steps you already know.

WARM UP & STRETCH

3 POINTS



- Use any of the warm up and stretch videos on the digital learning center.
- Use any outside resources to work on flexibility such as a yoga or pilates class.
- Create and practice your own warm up routine.
- Create and practice your own stretch routine.

IMPROVE TECHNIQUE

6 POINTS



- Use any of the technique videos on the digital learning center.
- Use any outside resources to work on technique. There are many resources online for turnout, pointing, balance etc.

GET STRONGER WITH DRILLS

8 POINTS



- Use any of the drills and strengthening videos on the digital learning center.
- Use any outside resources to work on getting stronger.
- Create your own drills and challenge yourself to last for 2-3 min.

LEARN SOMETHING NEW

10 POINTS



- Use any of the videos on the digital learning center to learn something new!
- Create a dance yourself and memorize it.
- Watch your favorite dancers and try to learn the latest trick or sequence of movement.

FULL DANCES AND STAMINA

10 POINTS



- Use the digital learning center to practice and run your full dance as hard as you can.
- Turn on music and dance a full dance without the aid of a video.
- Walk your full dance slowly in front of a mirror and be aware of your technique.

MONTHLY RECORD OF POINTS EARNED

MONTH _____

NAME _____

TOTAL POINTS _____

WEEKLY RECORD OF POINTS EARNED

Use this point earning method to challenge yourself, challenge a dance friend, earn a reward and feel in control of how you practice. If you miss a few days just get back in it! That's ok! Always plan one to two days of rest as well. On rest days think about ways to get inspired as a dancer. You can set how many points you want to earn each week and month. Make notes of the points earned and what you did to earn them in each box.

MONTH _____ **WEEK** _____ **NAME** _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HOW MANY POINTS ARE YOU AIMING FOR THIS WEEK? _____

WHAT DO YOU WANT TO IMPROVE IN YOUR DANCING?

HOW MANY POINTS DID YOU EARN THIS WEEK? _____