
OVERVIEW

Guiding Principles

For all modalities, frame your teaching plans through Satellite's core principles:

- **Aerial. Dance.** We present aerial as both a stand-alone art form and integrated with dance.
- **Adaptable.** We teach skills with Modification→Skill→Advancement cues.
- **Shared.** We invite students to engage with our community beyond classes.
- **With Care.** We honor our students' needs and goals.

Considerations:

Students **advance at different rates** – the range for advancement is one semester to 2+ years. Not all conditioning and core skills can be accomplished in one semester. We recommend two semesters (Fall and Spring) to capture all conditioning and core skills. If students want to advance more quickly or demonstrate great promise, we recommend private lessons to bridge the gaps.

You're welcome to call a skill by several names, but include and emphasize the terms from the Born to Fly Aerial Curriculum. Please adjust your terminology for instructor and student alignment to include Born to Fly's vocabulary.

At our core, we believe the Whole Aerialist is bigger than the sum of their tricks. In class, focus on the following:

- Joy and Play! Games, icebreakers, humor, etc.
- Adaptations: our classes are intentionally small for individualized learning. Every exercise should have an accessible option for all and advancements when appropriate.
- Transitions and emphasis of the whole body (head, arms, hands, and feet).
- Dynamic choreography (grounded, sliding, spinning, orbiting choreography).

Criteria for Advancement

1. Listening & following directions: **"Keep Yourself Safe, Keep Others Safe, Be Kind."** –Mary Jessica Hammes, Canopy Studio
2. Good attendance (70%+).
3. Mastery of 90% of skills.

Safety

- Familiarize yourself with our [Ready for Aerial](#) page, which includes rules for participation, disclaimers, FAQs, and our safety waiver.
- Teacher Dress Code: keep major joints and abdomen covered as much as possible to provide a good example for the students.
- Gymnastics Mats are required under every apparatus. A crash mat is available for your discerning use.
- Max 4 aerialists practicing at a time.
- Micro drops only.
- We have the following forms for your use and reference: [Rigging Checklist](#), [Incident Form](#)
 - If there is an incident that disrupts class longer than 30 seconds (for example, someone falls out of an apparatus and doesn't immediately jump up with a smile), the incident form must be completed.

Team Expectations

Communications

- We use **Google Chat** for all HDA/Amped-related conversations.
- For an aerial-specific question, use the **Aerial Group Chat** or DM Sarah.
- For an HDA/employee-specific question, DM Brenda and/or Andrea. You're welcome to include Sarah if you feel it's appropriate.

Attendance

- Fridays are HARD. However, outside of unexpected events, please limit your planned **absences to three per semester**. Note our scheduled breaks and plan accordingly.
- Please give at **least two weeks' notice for substitute requests** and provide subs with lesson plans at least 48 hours in advance.

Teaching Resources

As a benefit to teaching, Satellite Dance is happy to subsidize Born to Fly's teaching manuals and video library for its instructors. Resources are to be used only for HDA/Amped/Satellite programs and not shared with other programs.

Aerial I

Description: Let's level up! This class is for students who want to advance their aerial skills by incorporating the Aerial Sling, Silks, and Hoop into their practice. Like Jumpstart, the class begins with a warm-up, followed by conditioning skills, and culminates with intermediate tricks and transitions.

Semester I Goals: Focus on introducing Conditioning and Skills.

Semester II Goals: Focus on integrating Conditioning and Skills into Choreography for the spring show.

Disclaimers:

- These exercises are a guide to the development and advancement of our aerial program. While we recommend adhering to the list, teach to best serve the students in the room and communicate with the aerial team regularly about adaptations and creative wins!
- Aerial I has the broadest spectrum of student abilities, maturity levels, and rates of advancement. **Individualized instruction, joy, and play are essential at this level.**
- Celebrate what the student CAN do, and approach growth with patience.
- It's OK to break up the class into teams to compassionately honor skill level. For example, "Blue team! Candlestick into an inverted straddle. Orange team! Spin into inverted straddle."
- The exercises don't encompass all the smaller skills and transitions. Please take time to review level-appropriate videos for supplementary material. (And draw from your past experience, too!)

Sling Conditioning & Foundations	Sling Skills
<ul style="list-style-type: none">• Skin the Cat Drop Progression (from Catcher's)• Ball Inversion Progression• Core Drills• Reference Jumpstart for conditioning exercises	<ul style="list-style-type: none">• Leg Roll-Up (Witch's Broom)• Catcher's Z Sit• Hip Key Catcher's (with or without freeing one leg)• Back Arabesque (Balance), Option to add thigh hitch

See next page for Silks and Hoop

<p>Silks Conditioning & Foundations</p> <ul style="list-style-type: none"> ● Figure 8 Foot Lock from standing ● Side Leans ● Ball/Candlestick/Pike ● French Wrap to Basic Stand ● Dead Hang (10 Seconds) & Pull Up / Tight Grip (10 Seconds) (Goal) 	<p>Silks Skills</p> <ul style="list-style-type: none"> ● Hip Key from Ground (or Windmill) ● Round the Back Single Ribbon
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<p>Hoop Conditioning & Foundations</p> <ul style="list-style-type: none"> ● Sitting in the Hoop ● Pull Up and Lock Off ● Layback (Leans) ● Star ● Front Lion ● Mermaid Variation ● Belly Roll 	<p>Hoop Skills</p> <ul style="list-style-type: none"> ● Starter Sequence
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