

## BALLET 1 (6-8 yrs)

**ORDER OF CLASS:** barre, adagio, waltz/enchaînement, petite allegro, grand allegro, reverence

### **BARRE ETIQUETTE:**

- proper spacing at barre
- gentle touch, fingertips on barre
- waiting at the barre with arms en bas with head looking away from the bar at beginning and ending of combination
- preparation on the 5,6,7,8 of the music at barre
- correct rotation to other side of barre in combinations: plie, sous sous, sous sous, roll through feet 3rd other side
- work within 3rd position (not 4th or 5th)
- order of barre [plié (NO grande pliés in Ballet 1), tendu, dégagé, passé, piqué, arabesque, stretch, battement] \*barre should consist of 3-4 exercises before moving to center/across the floor
- counting the music
- ballet fingers
- being able to see your fingers in peripheral vision in 5th position
- core alignment/no anterior pelvic tilt

### **LEARN:**

- Positions:
  - can demonstrate arms and legs for 1st-6th position
  - work within 3rd position (not 5th)
- Directional terms:
  - devant, à la seconde, derrière
- Vocabulary – recognition, execution, and meanings:
  - plié (demi, NO grande plié), tendu, dégagé, cambré, battement, passé, piqué, grand jeté, arabesque, bourrée, port de bras
- Turns:
  - can demonstrate correct preparation and balance for a pirouette from 4th position

- chaines turns
- Jumps:
  - chasses in 2nd and 3rd positions
  - sautés in 1st and 2nd
- Across the floor etiquette:
  - quiet on the sides (no talking when dancers are going or when the teacher is talking)
  - know when to go
  - starting in the correct position
- Center:
  - pas de bourrée
  - temps lie in 1st
  - balance with 3 poly dots on the floor

**MASTER:**

- Having fun!!
- Learning ballet technique through creative play.
- Using games to learn about following directions.
- Basic vocabulary definitions from French to English (plie, tendu, etc)
- Using props to learn technique in a fun environment.
- No talking when the teacher is talking.
- Recognizing the order of class– a short 3-4 combo barre, longer across the floor (one skill each pass) and fun center combos incorporating games and play.