

FOR DANCE
TEACHERS

LESSON LEAP

Class:		Beginner Ballet	
Age:		3-5 Years	
Class Segment	Skill/Position	Activity Description	Teacher Notes
Stretch/Warm-up	Attendance/Question	What is your favorite color?	
	Butterfly	Pick a place to fly to	
		Nose to toes. "Smell your stinky toes"	
		Try to pull in feet slightly closer and bend forward again.	
	Pike / legs out in front.	Practice switching arms from 5th to demi second. Changing tempos to quick and slow	
		Flex and point feet. Bonus: Practice "Barbie" feet AKA demi-pointe	
		Stretch forward. Flex feet and try to grab toes, pulling heels off the ground.	
	Straddle	Reach towards each foot and "rainbow to the other side"	You can "make a pizza" in your straddle, ask kids for toppings, spread the sauce, put it in the oven, then enjoy :)
		Reach towards the middle, without rolling in toes/hips	
		Flex and point feet	
Lay on Stomach	Press up on hands "like a mermaid"		
	Bend knees and reach feet to head - Hold for 8 counts		
En Centre	Plies	8 plies in 1st > rise to releve with arms in high 5th	Explain there should be a diamond in between their legs when they plie.
		8 plies in 2nd > rise to releve w/ arms in high 5th	
		Repeat plies with releve turn (arms in high 5th)	
	Tendus & Piques	8 tendus to the front (start w/ hands on hips)	Make sure they are actually using the floor and not just "plopping" their foot out
		8 tendus to the side	
		Repeat with piques to front and side. Repeat with the left foot	
	Port de Bras	Start with arms in 1st, then rise to 5th	Refer to post called "Teaching Port de Bras to Toddlers: The Balloon Analogy"
		Our balloon "pops" and our arms float down to demi. Repeat 3 more times and reverse	
Tip Toe walks	Changing paces from fast to slow. Focus on staying on releve		
	Have them change directions, Try to tip toe walk backwards!		
	Add in different arms (high 5th, "butterfly arms" etc.)		
Allegro/Jumps	Skips w/ hands on hips.		
	Chasses: Facing the mirror, hands on hips		
	Chasses in a circle, around the room, changing directions		
Arabesques	Set out 3-4 dots across the floor		
	Have students ballet walk to each dot, they land in 1st on the dot.		
	Tendu to arabesque, reaching arms to the opposite side of the room. Find balance with foot on the ground and hold.		
Across the Floor	Elective/fun elements	Introduce rules for freeze dance: No screaming, running, gymnastics, etc.	If you have LED lights in the studio, turn them on if you think the class can handle it!
		"Party Freeze Song" can be found on Spotify/Apple Music	
		Song tells kids when to hop, turn, skip, dance, and freeze.	