

Class:		Beginner Ballet
Age:		3-5 year olds
Class Segment	Skill/Position	Activity Description
Stretch/Warm-up	attendance/question	Tell me about something you are thankful for.
	butterfly	pick a place to fly to
		pick a color of wings
		flap your wings
	pike / legs out in front.	arms to 5th/down
		Flex and point feet
		stretch forward
	straddle	reach towards each foot and "rainbow to the other side"
		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
En Centre	Plies	8 plies in 1st > rise to releve with arms in high 5th
		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)
		8 tendus to the side
		Repeat with piques to front and side. Repeat to the left
Across the Floor	Tip Toe walks	Start with arms in 1st, then rise to 5th
		Our ballon "pops" and our arms float down to demi. repeat 3 more times and reverse
		Changing paces from fast to slow
	Allegro/Jumps	Focus on staying on releve
		Add in different arms (high 5th, "butterfly arms" etc.)
		Skips w/ hands on hips.
	Arabesques	Posse hops with hands on hips
		Chasses: Facing the mirror, arms in 2nd
		Set out 3-4 dots across the floor
	Elective/fun elements	Have students ballet walk to each dot, land in 1st
		tendu to arabesque, can lift leg off ground once ready
		"Party freeze song" can be found on Spotify/Apple Music
		Song tells kids when to hop, turn, skip, dance, and freeze.