

FOR DANCE TEACHERS LESSON LEAP			
Class:		Preschool Ballet	
Age:		3-5 Years	
Skill Focus:		Pliés & Relevé	
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	
Cobra / Child's Pose	Press up on hands "like a mermaid"		
	Bend knees and reach feet to head - Hold for 8 counts		
	Lean back into child's pose, hold for 8		
En Centre	Pliés	8 pliés in 1st > rise to relevé with arms in high 5th	Explain there should be a diamond in between their legs when they plié.
		8 pliés in 2nd > rise to relevé w/ arms in high 5th	
		Repeat pliés with relevé turn (arms in high 5th)	
	Tendus	8 tendus to the front (start w/ hands on hips)	
		8 tendus to the side	
	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			
Across the Floor	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.)	
	Plié Walks	Set out 3-4 dots across the floor	Can keep hands on hips or in high 5th
		Have students "tip toe" walk to each dot, they land in 1st on the dot and plié	
		Then tip toe walk to the next dot, plié in first, and repeat all the way across the floor	
	Skips / Passé Hops	Hands on hips: Skips across the floor, bringing your second foot up to passé.	
	Sautés	Lay out dots hopscotch-style	Keep hands on hips for now
		Dancers jump to 2nd and first, following the dots	
Hands on hips, focus on feet jumping out and in			
Last 5 Min: Fun Activity	Tip Toe Freeze Dance!	Put on a song and have students walk on relevé in a circle around the room	Use a fun song!
		When you pause the music, the students should try to "freeze" where they are, in relevé.	
		Keep hands on hips or in high 5th	