



| <b>Class:</b>            |                           | Preschool Ballet                                                                                                   |                                                                                                                     |
|--------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Age:</b>              |                           | 3-5 Years                                                                                                          |                                                                                                                     |
| <b>Skill Focus:</b>      |                           | Tendus & Piques                                                                                                    |                                                                                                                     |
| Class Segment            | Skill/Position            | Activity Description                                                                                               | Teacher Notes                                                                                                       |
| Stretch/Warm-up          | Attendance/Question       | What is your favorite animal?                                                                                      |                                                                                                                     |
|                          | 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                                                                                                |                                                                                                                     |
| En Centre                | Pliés                     | 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                                                                            |                                                                                                                     |
|                          | Tendus & Piques           | 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)                                                                   |                                                                                                                     |
|                          | Port de Bras              | 4 tendus to the front (start w/ hands on hips)                                                                     | Explain terminology!<br>Tendu = TO STRETCH<br>Pique = TO PRICK<br>See full skill breakdown above                    |
|                          |                           | 4 piques to the front                                                                                              |                                                                                                                     |
| Across the Floor         | Tip Toe walks             | Repeat to the side. Then repeat left side                                                                          | Refer to post called " <a href="#">Teaching Port de Bras to Toddlers: The Balloon Analogy</a> "                     |
|                          |                           | Start with arms in 1st, then rise to 5th                                                                           |                                                                                                                     |
|                          |                           | Our balloon "pops" and our arms float down to demi. Repeat 3 more times and reverse                                |                                                                                                                     |
|                          | Sautés                    | Changing paces from fast to slow. Focus on staying on relevé                                                       |                                                                                                                     |
|                          |                           | Have them change directions, Try to tip toe walk backwards!                                                        |                                                                                                                     |
|                          |                           | Add in different arms (high 5th, "butterfly arms" etc.)                                                            |                                                                                                                     |
|                          | Skips / Passé Hops        | Hands on hips: Skips across the floor, bringing your second foot up to passé.                                      |                                                                                                                     |
|                          | Chasses                   | 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 | "Party Freeze Dance"      | Face the mirror, start in 1st position                                                                             | Have them go all the way down and back in one turn to reduce time spent setting up a line on the other side!        |
|                          |                           | Tendu to 2nd position and chasse all the way across the floor, and back                                            |                                                                                                                     |
|                          |                           | 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. |                                                                                                                     |
|                          |                           | Introduce rules for freeze dance: No screaming, running, gymnastics, etc.                                          |                                                                                                                     |
|                          |                           | "Party Freeze Song" can be found on Spotify/Apple Music                                                            |                                                                                                                     |
|                          |                           | Song tells kids when to hop, turn, skip, dance, and freeze.                                                        | If you have LED lights in the studio, turn them on if you think the class can handle it!                            |
|                          |                           |                                                                                                                    |                                                                                                                     |