

FOR DANCE TEACHERS LESSON LEAP			
Class:		Preschool Ballet	
Age:		3-5 Years	
Skill Focus:		Passé and Chasses	
Class Segment	Skill/Position	Activity Description	Teacher Notes
Stretch/Warm-up	Attendance/Question	"If you could have any superpower, what would it be?"	Give examples
	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 & Piques	2 tendus to the front, then 2 piques to the front	Repeat terminology! Tendu = TO STRETCH Pique = TO PRICK Have students repeat words several times
		2 tendus to the side, then 2 piques to the side	
		Repeat left side	
	Retiré / Passé	Start in First Position with hands on hips	
		Tendu to second, then bring your baby toe to your knee (Retiré)	
		Try to hold for 1-2 seconds, go back to tendu in second, then close in first. Repeat left side	
Across the Floor	Chasses holding hands	Have students hold hands in a line, facing the mirror	Keep it slow! Can also try it in a circle
		Teacher: Stand at the right end of the line	
		Everyone tendus their foot to the right, then slowly "chase" their right to the other side of the room. Repeat going back to the left	
	Skips / Passé Hops	Hands on hips: Skips across the floor, bringing your second foot up to Passé.	
	Chasses	Explain terminology : chasse means to chase	Have them go all the way down and back in one turn to reduce time spent setting up a line on the other side!
		Face the mirror, start in 1st position	
		Tendu to 2nd position and chasse all the way across the floor, and back	
	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	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.	
		Introduce rules for freeze dance: No screaming, running, gymnastics, etc.	
	Chasse Freeze Dance	Play any energetic song Students will chasse around the room until the music is paused When the song stops, have them hold a passe!	If you have LED lights in the studio, turn them on if you think the class can handle it!