



Class:		Preschool Ballet	
Age:		3-5 Years	
Skill Focus:		Sautés and Port de Bras	
Class Segment	Skill/Position	Activity Description	Teacher Notes
Stretch/Warm-up	Attendance/Question	"What is your favorite flavor of ice cream?"	
	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 Center	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	
	Pliés & Tendus	In 1st position: plié, then tendu right foot to the side, closing in first	Working on finding their center and quickly shifting weight from right to left side
		Repeat other side: plié in first, tendu left	
		Repeat several times then turn around on relevé	
	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	
	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	Sautés	4 Sautés in 1st position, hands in a circle (1st)	Focus on strong arms!
		4 Sautés in 2nd position, hands in 2nd	
		Challenge: Eschappe Sautés with arms! Practice jumping from first to second, just like they do in the hopscotch across the floor	
	Skips / Passé Hops	Hands on hips: Skips across the floor, bringing your second foot up to Passé.	
	Chasses	Repeat 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	Use Epaulement : Open arms from first to second as they jump!
		Dancers jump to 2nd and first, following the dots	
	Arabesques	Hands on hips, focus on feet jumping out and in	Hold arms in a "T" position
		Set out 3-4 dots across the floor	
		Have students ballet walk to each dot, they land in 1st on the dot.	
Last 5 Min: Fun Activity	Dance Circle	Tendu to arabesque, reaching arms to the opposite side of the room. Find balance with foot on the ground and hold.	Make sure everyone gets a turn in the middle! (This might not be the best activity for a huge class)
		Put on a fun song, perhaps one the kids even know (if they're lucky!)	
		Students take turn dancing in the middle of the circle doing their favorite dance move	
		Everyone in the outer circle will copy them, then they choose someone to go next after about 2 eight counts	