

FOR DANCE TEACHERS LESSON LEAP			
Class:		Preschool Ballet	
Age:		3-5 Years	
Skill Focus:		Arabesque A'terre and Skips (Passe Hops)	
Class Segment	Skill/Position	Activity Description	Teacher Notes
Stretch/Warm-up	Attendance/Question	"What is your favorite dance move?"	Ask for a demonstration :)
	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 Center	Plié & 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	
	Arabesque A'Terre	Start in First Position with hands on hips, facing the right side of the room	Make sure they have solid balance in the arabesque a'terre before bring it en l'air!
		Tendu left leg to the back, bring arms to "T" position	
		Find balance on the floor for 4 COUNTS(make them count!), then slowly lift leg a couple of inches off the floor	
		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	
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		
Across the Floor	Skips / Passé Hops (ATF and in a circle)	Hands on hips: Skips across the floor, bringing your second foot up to Passé and go all the way across the floor	
		Try Passé hops in a circle around the room! Switch up directions	
	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	
		Hands on hips, focus on feet jumping out and in	
	Arabesques	Set out 3-4 dots across the floor	Hold arms in a "T" position
		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. Slowly bring foot en l'air			
Last 5 Min: Fun Activity	Simon Says (Ballet Skills Review)	Play "Simon Says" with all of the ballet moves we have learned this year as a review!	
		Ex: Simon says plié! Can have kids take turns being "Simon"	