





## Activity Plan for Ballet Positions

Week 1			
Activity	How many or how long	How many days	Instructions
First Position  	5 mins	Most days	Have you ever tried standing in ballet first position? If you need some help, follow these helpful hints and look at the picture below: Stand with your feet touching heel to heel in the shape of a very open "V". Your feet are well rotated in turn-out and your knees should be touching. <b>See if you can lift your heels and balance in first position.</b>

Week 2			
Activity	How many or how long	How many days	Instructions
First and Second Position  	5 mins	Most days	Can you remember how to do first position? Try doing first position (review the hints from week one's activity plan). Next, try second position. If you have never done second position in ballet, follow these helpful hints: In second position, the dancer stands with the feet turned out as in the first position, but with the heels about 25 cm apart (about shoulder width). <b>See if you can lift your heels and balance in first and second position.</b>

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Week 3			
Activity	How many or how long	How many days	Instructions
Ballet Positions 	5 mins	Most days	Can you remember first and second position in ballet? <b>Try both positions before moving onto fourth position.</b> Have you ever tried this position before? If not, follow these helpful hints and look at the accompanying picture: The feet are placed by keeping the heel of the front foot in line with the toe of the back foot; there is about a foot distance between the two feet. There are two fourth positions, depending on which foot is in front.

Week 4			
Activity	How many or how long	How many days	Instructions
Ballet Positions 	5 mins	Most days	Can you remember 1st, 2nd, and 4th position in ballet? <b>Try repeating each of these positions, while pointing and sliding your feet from one position into the next.</b> Try adding arms to your movement as well.