



Beginning Ballet 1 Curriculum

Beginning ballet for ages 7-8 will build on ballet technique, encourage good posture and correct positioning, as well as give students an opportunity for creativity in the classroom. Each month, as the students progress, new terms and steps will be introduced using proper technique, coordination, and creativity, building on skills learned in the previous month. Mid year (December), they will be doing an in-class performance to show their progress to close friends and family. A more formal performance will be the end of the dance year, in May. This is a fun time for them to shine and wear a fun costume, showcasing the things they have learned throughout the year as well as building their confidence in giving them a more formal venue at which to perform.

During each class period, we will generally observe the following schedule:

- Circle Warm-Up (10 min): Includes fun and correct stretching of muscles and preparing the body for dancing during class.
- Circle Activities (10 min): Provides an opportunity to introduce new steps and vocabulary. Also, a time to practice musicality and rhythm.
- Barre (10 min): Stretches the brain to memorize simple combinations through practicing correct form. Gives dancers an opportunity to work on balancing.
- Transition (10 min): Allows for fun, creative ways to move barres and prepare for center work.
- Center (20 min): Develops physical and mental confidence as they further work on musicality and bringing dance to life. Provides space for creative movement alone, with partners, and as a group.
- Reverence (bow/curtsy): Shows teacher and other students in the class respect and appreciation for class time.

Monthly Focus:

September: Introduce and review ballet terms, movement, and class etiquette.

October: Use creativity with musicality. Coordination in jumping, balance at barre.

November: Strengthen back muscles, extension of legs.

December: Side to the barre. Maximize center floor movement. In-class Christmas performance.

January: Review of positions and terms. Increase musicality.

February: Introduce more complicated movement. Begin performance choreography.

March: Expand stretching. Work on transition movements.

April: Review positions and terms. Practice rhythm and performance choreography.

May: Presentation of the year's work through formal performance for friends and family.