



## Beginning Ballet Curriculum

Beginning ballet for ages 5-8 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. At the end of the semester, they will be doing an in-class performance to show their progress to close friends and family.

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 dancing 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:

*January:* Introduction of ballet, movement, and class etiquette.

*February:* Coordination in jumping, balance at barre.

*March:* Strengthen back muscles, extension of legs.

*April:* Side to the barre, maximize center floor movement.

*May:* Musicality, prepare for in-class performance.