



Kinder Ballet Curriculum

Kinder Ballet for ages 5-6 will introduce and build on previously learned ballet technique in a fun simple way through imagination and a hands on approach. Each month, as the students progress, we will introduce new terms and steps using good 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 at 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.

*All performances will depend on COVID-19 restrictions.

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

- Circle Warm-Up (10 min): Includes fun and correct stretching of muscles through creativity and imagination.
- Circle Activity (10 min): Provides an opportunity to introduce new steps and vocabulary through activities and games. It's also a time to practice musicality and rhythm.
- Princess Path (5 min): Allows for imaginative dancing and memorization.
- Barre (5 min): Works on proper alignment and balancing.
- Center (15 min): Gives children a chance to practice movement around the room and also works on coordination through creativity and group activities.

Monthly Focus

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

October: Work together with groups and partners. Use creativity with musicality.

November: Strengthen back muscles with stretches and exercises.

December: Use coordination with jumping. In-class Christmas performance.

January: Review of positions and terms. Progression of jumps in 1st and 3rd positions.

February: Work on spotting in preparation for turns. Begin performance choreography.

March: Practicing musicality and rhythms. Build on spotting and introduce turning.

April: Review positions and terms. Coordination with more complicated jumping.
Practice performance choreography.

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