



## Beginning Ballet 2 Curriculum

Beginning ballet for ages 9-11 will build on correct ballet technique by strengthening the mind and body in preparation for pointe work as well as more advanced movement and creativity in dancing. Each month, as the students progress and are ready, we will be introducing new terms and steps using good technique, coordination, and creativity. 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 (5-10 min): Includes group stretching of muscles and preparing the body for dancing during class.
- Barre (20 min): Stretches the brain to memorize more advanced combinations through practicing correct form. Gives dancers an opportunity to work on balancing and preparation for pointe work.
- Center/Across the Floor (30-35 min): Develops physical and mental confidence as they further work on musicality and bringing dance to life through fun combinations. 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:* Review ballet terms, movement, and class etiquette. Work together in partners and as a group.

*October:* Use creativity with musicality. Work on spotting and simple turning.

*November:* Expand stretching and extension of the legs.

*December:* Learn  $\frac{3}{4}$  time (waltz, triplets, balance, etc.) In-class Christmas performance.

*January:* Review of positions and terms. Introduce 5th position (feet). Coordination in jumping.

*February:* Maximize movement across the floor. Begin performance choreography.

*March:* Strengthen balancing muscles at barre. Introduce new jumps.

*April:* Review positions and terms. Begin preparation for more complicated turns.

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