



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 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 fun and correct stretching of muscles and preparing the body for dancing during class.
- Circle Activities (5-10 min): Provides an opportunity to introduce new steps and vocabulary. Also, a time to practice musicality and rhythm.
- Transition (10 min): Allows for fun, creative ways to move and prepare for barre work.
- Barre (10-15 min): Stretches the brain to memorize simple combinations through practicing correct form. Gives dancers an opportunity to work on balancing.
- Center (20-25 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. Strengthen back muscles.

November: Balance at barre. Work on extension of legs. Prepare for turning.

December: Maximize center floor movement. In-class Christmas performance.

January: Expand stretching. Review of positions and terms. Begin turning in center.

February: Introduce more complicated movements. Begin performance choreography.

March: Work on transition movements in the center.

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

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