



Pre-Ballet Curriculum

Pre-Ballet for ages 3-4 will introduce 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: Introduction of ballet, movement, and class etiquette.

October: Coordination in jumping (forward & back).

November: Sideways movement, review previous steps. Balancing and hopping on one foot.

December: Strengthening back exercises, preparation for in-class performance.

January: Review previous steps. Preparation for more complicated jumping.

February: Use groups and partners to work as a team. Begin performance choreography.

March: Introduction of new stretches, recognition of different rhythms. Prepare for turning.

April: Build on previous steps. Learn turns.

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