

Mini- Jr. Ballet Training

Standing Warm up- to get them all in the room- port de bras, plie, forward bends etc.

Warm up-- Waltz of the hours excerpt, Robert Thaller Music For Ballet Class

Floor Exercises: -Focus on posture while seated (tall like a princess)

Butterfly and Haystack with port de bras (5-8) : Plie Stretch, Judy Rice and Paul Lewis, Behind Barres Vol VI

Flex/ Point with head and port de bras (5-8) :Center Stage, Judy Rice and Paul Lewis, Behind Barres Vol VI

Leg Extension Devant and Derriere: (5-10) 77 Sunset Strip, Judy Rice and Paul Lewis, Tune In and Turn Out

Seated Leg extensions front in turn out

First Position on the wall to feel their turn out activation

2. **Barre-** Focus on posture while standing. Make them hold at the end of each exercise. (tummies and tushies away, straight backs)

Foot articulation and tendu in parallel/ turn out (turn-out Minis after posture is established 2nd half of year)

Tendu into Degages- slow tempo, but super sharp

Plie straighten 4 in parallel or first, focusing on buns in the oven.

Relevés and elevés in parallel with ankles together, balance.

Plies 1st- 2nd. (5-7) Port de Bras- from Giselle, Robert Thaller ,Music for Ballet Class

Tendu Marathon (7-10) I Love Lucy Tendu, Judy Rice and Paul Lewis, Tune in and Turn Out

Dégagés with Pique 2 versions (5-7, 8-10) Jete 3-Don Quixote 6-8, Robert Taller, Music for Ballet Class

Releve Sautés with pas de bourre (5-10) Releve Jump, Steve Larson (Can do in parallel for youngest dancers)

3. Center technique

port de bras

bourres in place

Chasse push (something fluffy to make them “feel pretty”)

Spring Points with pas de chat (5-7) Emboites & Piques, Steve Larson

4. Across the Floor

Butterfly tip-toe walks with really straight legs, high heels and fluffy arms

Ballet Walks- with focus on the back foot

Skips with pointed feet and tall backs

Chasses- side and forward

Echappe Jumps in 1st and 2nd with hold in each position

5. All splits, one minute each, nose on knee for front splits

6. Reverence – port de bras keeping posture and bow

Advanced exercises:

Pirouette en de hors Prep (8-10) Pirouette 1_ from Swan Lake Act III, Robert Thaller, Music for Ballet Class

Notes:

*Keep exercises short and focus on the hold at beginning and end of each exercise

*If doing wall stretches have them do some exercises first or 50 jumping jacks to warm up their bodies. Explain that they are expected to stretch at home in addition to class. Also can encourage an Acro class if they are wanting to improve in this area.

*Try and use ballet vocabulary. Be sure to have them say the word and meaning out loud, all together:

Teacher: Please say, "plie"

Students: "Plie!"

Teacher: Please say, "to bend"

Students: "To bend!"

Teacher: Please say, "plie means to bend"

Students: "Plie means to bend!"

Other vocabulary (for use over time):

tendu- to stretch

releve- to rise

degage- to disengage (or to disconnect)

chasse- to chase

pas de chat- step of the cat

echappe- to escape

Optional/additional exercises:

*Grande Battements in parallel across the floor, focusing on straight spine, straight legs, straight arms and pointed feet.

*Pas de Chat in parallel, facing mirror, traveling across the floor

*Slow chasses for balance and coordination: chasse to second position in plie, releve with legs zipped together. This will travel across the floor, facing the mirror at a moderate to slow tempo.

*Triplets in parallel position, hands on hips

*Marches on relèvé, focusing on high knees, pointed feet, clear & sharp tempo