

Twinkle Star Dance™

ShowSTARS™ Ballet

Ballet/Creative Movement ages 5-7 & Basic Ballet 8-10

*Tiffany Henderson with Hannah Varga
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Ballet Stars Creative Movement 5-7

Core Curriculum and Terminology: Ballet/Creative Movement Sample Lesson Plan

Ages: 5-7 years old

Class Length: 45 minutes

The class is broken into sections. Try to do 1 to 3 skills from each section per class. Good strong technique is more important than the quantity of steps learned. Agility, repetition, and creative exploration are key. Remember, this is just a general outline. Steps can be made simpler or more complicated as necessary.

Section I - Ballet Walks and Marches

SSB01 Ballet Walks & Marches 5-7

Start in parallel, with right leg on the outside of the circle, arms down by their sides. Prepare through 1st, open 2nd, place finger tips on shoulders keeping elbows lifted.

Step on 1, hold 2 and so on. Make sure that the students completely transfer their weight to the standing leg, Optional-lengthen back leg off the floor. Four walks then four marches- with emphasis on lifting knee and keeping balance. Repeat 4 times.

Optional - add hand exercise and cambres between sets.

Section II - Center Standing Warm up (In Parallel)

SSB02 Ballet Foot Warm-up & Plies for 5-7

-Articulation of the Feet- high heel, lengthen toes off floor (do not push over toes) 4 – 8 alternating feet.

*-Tendu front in 8 counts, lift the heel, lengthen toes, pull toes back, slide close. 4 each side alternating feet each time. **Once the students understand how to work through the ball of the foot, this can be made more challenging by using a small first position and tendu to the side.*

*-Demi Pliés (to bend) in parallel, 2 counts down, 2 counts up without stopping the movement. ** After some time, this exercise can be made more challenging by using a small first position. This should only be done once they understand how to keep the knee in line with the foot in the plié and the first position should be small and within their natural range.*

SSB03 Dégagé 5-7

-Dégagé- 1 slow, then 2 fast. Focus on lengthening the leg off the floor and brushing through the balls of the feet.

SSB04 Plie- Degage- Releve- Saute5-7

-Relevés- from plié , rise up on balls of feet

-Passé- focus on lifting the knee.

-Grand Battements- brushing through the floor keeping the body aligned.

Section III - Jumps

SSB05 Ballet Sautés with Fixed Points 5-7

Sautés (jumps) in parallel with Directions of the Stage

-Creative Movement Elements – Exp. Shape, Levels, Tempo, Pathways

Section IV - Across the Floor

-Loco-motor Steps with Directional changes

-Skips- Forward, backward, sideways, turning

-Slide jump – preparation for Chasse

-Gallop- preparation for pas de chat

-Triplets- preparation for waltz

-Run into Leaps

Section V - Reverence

Port de bras with stillness to end the class

Ballet Stars Basic Ballet 8-10

Core Curriculum and Terminology: Ballet Stars Basic Ballet Sample Lesson Plan

Ages: 8-10 years old

Class Length: 45minutes – 1 hour

Hints

-The more you insist on accuracy early on the dancers will learn to apply corrections to move on to more exciting steps.

-The more you make the little details of ballet important the more excited the dancers are to execute them.

-Once they understand how difficult it is just to stand correctly, they will feel challenged throughout the class.

-If you sense they are “zoning out” at the barre, immediately take the same combination into the center to challenge them. Go back and forth between the barre and center to keep the class alert and not staring at a blank wall for too long.

-Insist that they learn to memorize combinations- explain that this skill is what makes a smart dancer who will succeed at auditions.

-The slower you go in the beginning the better the results at the end of the term.

Section I - Center Floor: Foot Exercise (seated with shoes removed)

Begin Seated with Legs extended in front

1-2 Squeeze the feet into a flexed fist

3-4 Spread the toes as far as possible

5-6 Reach the ball of the foot forward stretching the ankle

7-8 Lengthen the toes- long without curling

4th Bar add a cambre forward with focus on lengthening the back- not touching the feet.

Repeat this at least 4 times with focus on alignment and proper articulation of the fee

Section II - Barre Warm-up (In parallel first and then turned out)

SSB06 Foot Warm up in 1st 7-9

-Articulation of the Feet- high heel, lengthen toes off floor (do not push over toes) 4 on each foot

- Plié Roll Up-preparation for elev   and relev   Demi Pli   s with a roll up to    point (to bend) in parallel , 2 counts down, 2 counts lift the heels, 2 counts to stretch the legs, 2 counts lower all without stopping the movement. Cambr   side in 8 counts both directions. Execute in parallel and add first position after they understand how to balance keeping the line of weight in the center of the ball of foot between big toe and 2nd toe

-Tendu front in 8 counts, lift the heel, lengthen toes, pull toes back, slide close. Complete four each on the same side in order to develop the standing leg. **Repeat in first position, with the tendu to the side making sure to keep alignment as brush in the direction of the big toe.

SSB07 Pile Combination at the Barre with Port De Corps in all directions 7-9

Pli  - in 1st, 2nd, 3rd. Facing the barre, when the dancers can maintain their alignment turn sideways.

SSB04 Pli  - Degage- Releve- Saute 7-9

D  gag  - Can be performed to the front in parallel, and to the side in first position. Tendu in 2 counts, lengthen foot off floor in 2 counts, lower 2 counts, close 2 counts.

- Relev  s and Saut  s in First at Barre – execute in parallel and then in first position after students can properly push through the foot in parallel.

-Pass  - focus on peeling the foot off the floor and lifting the knee

SSB08 Degage into Grand Battement7-9

-Grand Battements- brushing through the floor keeping the body aligned.

2nd Semester- Add

Tendu Front and Back

3rd position

SSB09 Fondu at Barre with Coup de Pied 7-9

Coup de pied front and back

-Retire Front and Back

-Passe

-Fondu

-Rond de jambe

-Develope Front, Side, Back

Section III - Center Work

SSB10 Positions of the Body7-9

Tendu/ Degages side with Port De bras

-Plies

-Temps lie

-Triplets/ waltz

SSB05 Ballet Sautés with Fixed Points 7-9

Sautes in parallel with the directions of the stage (can use 1st position when they can maintain alignment in center plie)

Second Semester- Add

SSB11 Temps Lie Forward with pique to sousou 7-9

Temps Lie Forward

SSB12 Temps lie Arabesque with Chasse Releve en Avant

Chasse Forward

-Positions of the Body en face

-Changements from 3rd position

Section IV - Across the Floor

-Piqué Passé- in parallel then turned out, with emphasis on correct use of $\frac{3}{4}$ point, Plié , and stretched leg. (Do at Barre 1st then in center)

-Spotting exercise for turns

-Temps Leve

-Pas de chat

-Chasses a la second- to releve then jumped

-Glissade a la second

-Jete coupe

-Assemble travelling

-Grand Battement into Grand Jete vs. Develope into Saut de Chat

Section V -Reverence

SSB13 Reverence7-9

End every class with port de bras, 1st, 2nd, 5th standing in first position of the feet. To make more challenging later in the year incorporate more varied port de bras, tendus front and side, cambres and transition steps like temps lie and chasse.

Showstars Ballet Videos- Music

Ballet Walks and Marches

- *La Bayadere*- Minkus- David Howard and Mark Jelks. Classics for Kids.

Ballet Foot Warm up & plies 5-7-

Foot Warm Up- Quick Tendu- Czerny Etude- Sandra Balestracci/ Sophie Velberg. Ballet Music for Barre and Center Floor

Plies- Sherezade- Korsakov. David Howard and Mark Jelks. Classics for Kids

Foot Warm-up Parallel & First 7-9-

--*Music: Tendu with Pirouette -Drigo H. Sandra Balestracci/Sophie Velberg.* Ballet Music for Barre and Center Floor

Degage 5-7-

-*Pugni Emeraldal Concert Polka- Sandra Balestracci/Sophie Velberg.* Ballet Music for Barre and Center Floor.

Plie-Releve-Degage- sauté

1. *1- Tendu Facing the Barre- Andantino. Sandra Balestracci/Sophie Velberg.* Ballet Music for Barre and Center Floor.
2. *Frappe- Sandra Balestracci/Sophie Velberg.* Ballet Music for Barre and Center Floor.
3. *Frappe- Sandra Balestracci/Sophie Velberg.* Ballet Music for Barre and Center Floor.
4. *Giselle- Burgmuller. David Howard and Mark Jelks* Classics for Kids

Reverence-

- *Reverence, Tchaikovsky. David Howard and Mark Jelks* Classics for Kids

Recommended CDs

1. *Behind Barres- Vol. III and IV- Judy Rice & Paul Lewis*
2. *Behind Barres- Tune in and Turn out (TV themes), Judy Rice & Paul Lewis*
3. *Behind Barres- Kids Class - Judy Rice & Paul Lewis*
4. *Classics for Kids -David Howard & Mark Jelks*
5. *Music from Minkus- Douglas Shultz*
6. *Encore! Music for Ballet Class- Suki Schorer and Nancy McGill*
7. *Ventis' Class- Venti Petrov*
8. *Move, Music for Creative Movement and Modern Dance -Chris Cawthray*