

# Ballet

## Level 1-3 & Mini Co.



### AT HOME LESSON PLANS

#### BARRE (USING A COUNTER OR CHAIR INSTEAD OF A BARRE)

##### LEVEL 1 AND MINI CO.

##### LEVEL 2 AND 3

- Plies, facing the barre 4 demi plies in 1st, 2nd, and 3rd (level 2 1st, 2nd, and 5th) on R and L
- Plies, one hand on the barre 2 demi and 1 grande in 1st, 2nd, 4th, and 5th working on coordination of arms and legs
- Tendus, facing the barre 8 tendus en croix (8 front, 8 side, 8 back, 8 side) on R and L
- Tendus, one hand on the barre 8 tendus en croix (8 front, 8 side, 8 back, 8 side) on R and L
- Relevés, facing the barre, 8 in 1st, 2nd, and 3rd or 5th position, repeat 2 times
- Rond de Jambe preps, facing the barre tendu front 1/4 rond de jambe to the side and close, tendu to second (to the side) 1/4 rond de jambe to the back and close in first
- Rond de Jambe, 8 en de hor, 8 en de dan
- Degages, facing the barre 16 R and L, 8, R and L, 4 R and L, and singles R and L

#### WARM-UP & STRETCHING \*DAILY FOR 20 MINUTES

- Jumping Jacks, 20
- Run in place for 30 seconds
- Straddle stretch
- Pike stretch standing up and sitting down (pointed and flexed feet with sitting pike)
- Hip flexor stretches, start on your knees and place one foot in front of your body. Keeping your knee over your toes, gently and slowly rock forward and backward to stretch your hips
- Splits, right, left, and middle splits - be sure to keep your turnout starting with your hips

#### SKILLS AND CENTER

- Sautes (jump) starting and landing in a good 1st position, 24
- Changements, starting and landing in a good 3rd or 5th position, 24
- Echappes, from 1st, 3rd, or 5th position
- Tombe, pas de bouree, passe balance both sides (Level 3 only)
- Balances to the right and left
- "Bun Facts" review your feet and arm positions

#### CENTER COMBO

- Using the skills that you practiced today, make up a ballet combo to your favorite song!  
Post the video and tag us #dawistotallyrad

#### POINTE STUDENTS ONLY (USING A COUNTER OR CHAIR INSTEAD OF A BARRE)

- Foot stretches, rolling through each foot shaping the shoe
- Plie, releve over forced arch, straighten knees, lower heels, repeat 15 times
- Plie releve in back coupe, right and left 15 times each foot
- Echappes
- Plie sous sous to 5th position, 15 times
- Marches

#### MUSIC

- Use your favorite classical music! On Spotify or iTunes, you can search Lisa Harris; she has some great Ballet music!