

Ballet

Level 4, Protege, and Elite Co.



AT HOME LESSON PLANS

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

-Practice your memorized barre at least twice this week. Be sure you are getting in plies, tendus, degages, rond de jambe, fondu, and frappe

WARM-UP & STRETCHING *DAILY FOR 20 MINUTES

- TDP warm up
- 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
- Theraband exercises

SKILLS AND CENTER

- Changements and echappes starting and landing in a good 5th position, 24
- Tombe, pas de bouree, pirouette right and left
- Adagio that you have been doing with Ms. Taylor, focusing on the stability of the standing leg
- "Bun Facts" review your feet and arm positions

POINTE EXERCISES

- 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
-

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

MUSIC

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