Fairytale Ballet

Goal: Fairytale Ballet is designed to be a transition level between combo classes and Ballet 1. While providing the fun, quick pace of Combo classes, students will begin to learn the classical ballet class structure and etiquette. By the end of their time in this class, students should be able to wait in a line, follow dress code and class start times, and exhibit excellent behavior and focus.

Phase One: August-December

Body Positions
-Feet in 1st, 2nd, and 6th
-Arms in 1st-3rd, 5th (low, middle and high)

Warm-Up
-Stretches
  *ex: butterfly, straddle, pike
-Foot Warm-up
  *focusing on demi pointe and a full stretch without sickling
-Port de bra
  *moving through all necessary arm positions for this level

Barre (with two hands on the barre)
-Prances in parallel
-Demi plié in 6th, 2nd, and 1st position
-Tendu in 6th position to the front
-Dégagé in 6th position to the front
-Piques at 45 degrees in 6th position to the front
-Grand battement in 6th position to the front (maximum 90 degrees)
-Understand the difference between relevé and elevé

Center
-Walks on demi pointe in parallel
-Memorize all taught arm positions
-Basic balance exercises in parallel positions
-Introduce spotting while on two feet
-Chaîné turn preparation on flat
-Chassé to the front across the floor
-Skips with hands on hips
-Sauté in 6th position

Phase Two (January-June)

*in addition to Phase 1

Barre (with two hands on the barre)
-Prances in 1st position
-Introduce grand plié in 6th, 1st, and 2nd
-Tendu in 1st position to the side
-Introduce temps lié in 1st position to the side
-Degage in 1st position to the side
-Piqué in 1st position to the side
-Introduce cou-de-pied with rotation on flat
-Grand battement at 90 degrees in 1st position to the side

Center
-Refine ballet walks on demi pointe
          *adding rotation and port de bra at instructors' discretion
-Basic balance exercises with rotation
-Add port de bra to chassé
-Add low 5th port de bra to sautés in 6th position
-Sauté in 1st position