

SAMPLE BALLET LESSON PLAN FALL '23



Total Session Time: 50 Minutes

Activity	Time
Circle Time: <ol style="list-style-type: none"> 1. Butterflies/Rocking Boats 2. GM/GN Toes 3. Hide & Seek(curl into ball) 4. Ice Cream Scoopers (hamstring stretch)/ Sparkley Toes 5. Mermaid Stretch/ SUPER Ballerinas!! 	10 Minutes
Center Barre: <ol style="list-style-type: none"> 1. Posture (Ms.Jewel LOVES diamond rings, necklace, and tiara's!) 2. Umbrellas for the Toes (1st +2nd position, demi plie) 3. Looking over the Fence & Parachute Play (Releve) 4. Tendu/ Tendu Pique (Marker on your toe/ "Pique into the puddle!") 5. Spring Pointe/Heels (1st position plie spring to tendue) 6. Sautes & Echappes 	15 minutes
Traveling Steps: <ol style="list-style-type: none"> 1. Posse Walks (parallel) 2. Skating(parallel)/Gallops (turned out) 3. Skips ("Step, Posse, Hop") 4. Pony Prances (Front Emboites) 	15 Minutes
Creative Movement: <ol style="list-style-type: none"> 1. Butterfly Flying/ twirls (scarves) 2. Freeze Dance 3. Parachute Play 	15 Minutes

4. Dance Four Corners	
Exit Activity: 1. All curtsy together and line up 2. Sticker/ Stamp Reward	5 Minutes

Materials List:

Dance Instructor	
Speaker	
IPAD	
Parachute	
Fake Money (between thighs for 1st position)	
Color Scarves	
Spot Dots	
Mr.Bear (Leaps)	
Stickers/ Lollipops	
HW/Coloring sheets	
Scissors for cutting strings on ballet shoes	
Tissue, Masks, Hand Sanitizer	

Preparation:

- ✓ Place each dot on the ground in circle for each dancer
- ✓ If doing parachute, set that out.
- ✓ Play music