

SAMPLE BALLET LESSON PLAN FALL '23



Total Session Time: 50 Minutes

| Activity | Time |
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| <p>Circle Time:</p> <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 |
| <p>Center Barre:</p> <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 |
| <p>Traveling Steps:</p> <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 |
| <p>Creative Movement:</p> <ol style="list-style-type: none"> 1. Butterfly Flying/ twirls (scarves) 2. Freeze Dance 3. Parachute Play | 15 Minutes |

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

Materials List:

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| 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