

CM SOUTHAMPTON
DANCE ACADEMY

Primary BALLET PACK

This pack contains

- Syllabus outline
- The variation notes (how we talk it through)
- Jobs for you to do
- Colouring sheet

Twilight Elf

- And ready and point your toe!
- Tip toes! Point left right, step hop step hop
- Run to the front (feet 1st), look at the stars.
- Turn in a circle and light them (nod yes)
- Run to the corner - and tell the flowers to sleep
- Skip skip comat comat
- Run to the front (1st position)
- Step curtsey, step sleep!

SYLLABUS CONTENT PRIMARY GRADE

These are all the exercises we do - this link will take you to a youtube video that I think is very helpful.

https://www.youtube.com/watch?v=I_m7iL_U6HQ

Females should hold skirts and Males place hands on waist throughout exercises and steps.

1 Exercises

- 1.1 Knee bend exercise
- 1.2 Rises with arm movement (Females)
- 1.4 Step to side and lift
- 1.5 Step, close, step and point
- 1.6 Step, close, step and hop

2 Arms

- 2.1 Hands opening and closing
- 2.2 Wrists bending up and down

3 Port de bras

- 3.1 Set arm exercise (Females)

4 Steps Taken Round the Room

- 4.1 Walking
- 4.2 Lifted walks
- 4.3 Walking on demi-pointe
- 4.4 Running
- 4.5 Skipping

5 Steps of Elevation

- 5.1 Springs in 1st position
- 5.2 Springs to 2nd position and back to 1st position
- 5.3 Spring points
- 5.4 Springs from foot to foot
- 5.5 2 Galops to the side, step and point
- 5.6 2 Galops to the side, step and hop

6 Steps

- 6.1 Run, point and Port de bras (Females)

7 Music

- 7.1 Clap with or without music, recognise and count Waltz and Polka
- 7.2 Walking 4, clapping 4
- 7.3 Walking 3 and clapping 1

8 Set Dance

Teacher's choice of one of the following:

Twilight Elf

Teacher's choice

Tasks

- Take photos of all the arm positions you can think of and label them
- Take photos 1st and 2nd positions we use and label them
- Send us a picture or video of you dancing
- Watch some ballets online - what's your favourite
- Dance everyday!

Waltz and Polka

- We need to know how to clap, count and recognise a waltz and a polka
- Polka - we say 'i like ice-cream', we count it a 1 and 2, a 3 and 4
- Waltz - we say 'waltz 2 3' and count it 1 and a, 2 and a, 3 and a...
- Polkas are bouncy - we can skip to a polka
- Waltz is smooth - we can float about to a waltz

Design a Tutu!

