Name: Samantha Forbes Level of exercise: Creative Movement

Title of Exercise: Pointing, Flexing, Turning out feet

Music: Relaxing Piano Lullabies for Sleeping Babies, "Brahms' Lullaby"

Time Signature: 3/4

Learning Objective: To learn how to point and flex feet and turn out legs. The exercise also stretches the back on the dancers' legs

Creative explanation: Before the dancers start the exercise, they will be putting "glue" on the back of their legs so their knees stay straight the entire exercise. The dancers are "putting their feet to sleep" as they point their toes, and the dancers are "waking up their feet" as they flex their feet. As the dancers turn out their legs while feet are flexed the feet are saying "no no no no" and the feet want to go back to sleep.

Cautionary Reminder: When the dancers flex their feet or "wake up their feet" they are going to want to bend their knees so dancers need to be reminded that the back of their knees are glued to the ground so they cannot bend them. It will be helpful for the teacher to point their knees and back of knees and have the dancers touch their knees, so they understand what to focus on.

Notes: Teacher is singing and explaining over the combination. "Go to sleep, Go to sleep, go to sleep pointed feet"

Starting position: Students are sitting in a circle with legs in front

Preparation: Students hold this position for first 4 measures (12 counts)

Measures	Counts	Steps with arms
1-4	1-3, 1-3,	Bend over into stretch to touch their toes and toes point "to go to sleep"
	1-3, 1-3	
5-6	1-3, 1-3	Sit up and crawl fingers back down the legs into stretch
7	1, 2-3	Dancers flex feet quickly and grab back of toes "wake up feet", hold
8	1-3	Hold this position
9	1-3	Let go of feet and flexed feet turn out to 1 st
10	1-3	Flexed feet go back to parallel
11	1-3	Flexed feet turn out to 1 st
12	1-3	Flexed feet go back to parallel
13-24	1-3, 1-3,	Repeat measures 1-12
	1-3, 1-3,	
	1-3, 1-3,	
	1-3, 1-3,	
	1-3, 1-3,	
	1-3, 1-3	

Name: Samantha Forbes Level of exercise: Creative Movement

Title of Exercise: Pilé, Relevé, jump claps

Music: Disney Hits for Ballet Class Vol. 1, "You've Got a Friend in Me"

Time Signature: 4/4

Learning Objective: To learn how to bend knees in plié and straighten knees and go to toes in relevé. This prepares dancers for jumps so they can learn to bend knees before jumping. The jump claps are to help dancers understand rhythm and coordination.

Creative explanation: Students bend their knees and the go up to the top of their toes to try to reach for their toys their parents put on the top shelf. The students' toes are "glued to the ground" so they cannot jump but only lift their heels.

Cautionary Reminder: The dancers will want to jump and clap at the same time so they should be reminded that the jump happens first and then the clap happens second. The dancers should be reminded to go at the same time as the teacher because the combination focuses on rhythm.

Notes: Entire combination is in parallel

Starting position: Dancers are in a circle with both feet together in parallel and HOH.

Preparation: Hold starting position (8 counts) and remind them sunshine is shooting out of the top of their head.

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Measures	Counts	Steps with arms
1	1-2, 3-4	HOH plié in 1 st parallel, legs straighten
2	5-6, 7-8	Reach one arm up and relevé, HOH lower heels
3-8	1-8, 1-8,	Repeat measures 1-2
	1-8	
9	1-2, 3-4	HOH plié in 2 nd parallel, legs straighten
10	5-6, 7-8	Reach one arm up and relevé, HOH lower heels
11-16	1-8, 1-8,	Repeat measures 9-10
	1-8	
17-18	1-8	Move legs back into parallel first and tell them to get ready to jump out and in
19	1-2, 3, 4	Plié in parallel 1 st and jump out to parallel 2 nd , clap, hold
20	5-6, 7, 8	Plié in parallel 2 nd and jump in to parallel 1 st , clap, hold
21-28	1-8, 1-8,	Repeat measures 19-20
	1-8, 1-8	

Name: Samantha Forbes Level of exercise: Creative Movement

Title of Exercise: Flower Tendu and Passé

Music: Disney Hits for Ballet Class, "In Summer"

Time Signature: 4/4

Learning Objective: To learn to tendu with a straight leg and pointed foot and to understand and feel the movement of a parallel passé

Creative explanation: Dancers are counting the flowers in front of them by drawing a line with their pencil legs out to the flower. The leg is the pencil and their pointed foot is the tip of the pencil. Dancers then drag one the flowers up to their knee into parallel passé which is their "flamingo foot".

Cautionary Reminder: Dancers will bend their knee and lift their foot when doing a tendu so the teacher must remind them that they cannot bend their knee because the means "their pencil will break" and that they need to keep their foot on the floor so they can "draw a line."

Notes: BEFORE MUSIC STARTS dancers will bend down to squat to pick up flowers and then jump up while arms go through 5th to "through" flowers all over the ground.

Starting position: Dancers are in a circle in Parallel 1st HOH

Preparation: Dancers hold starting position for first 8 counts

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0.0.000	Steps with arms
1-2, 3-4	HOH feet parallel tendu R devant, close tendu
5-6, 7-8	Tendu L devant, close tendu
1-8, 1-8,	Repeat measures 1-2
1-8	
1-4	Feet parallel 1 st HOH slowly passé R leg in parallel
5-8	R leg slowly lower down from passé to parallel 1 st
1-4	L leg passé in parallel
5-8	L leg lower down to parallel 1 st
1-8, 1-8	Repeat measures 9-12
1, 2, 3, 4	Tendu R, close R, Tendu L, close left
5, 6, 7, 8	Tendu R, close R, Tendu L, close left
1-8	Repeat measures 17-18
1-2, 3-4	Parallel passé R, lower foot to parallel 1 st
5-6, 7-8	Parallel passé L, lower foot to parallel 1 st
1-8	Repeat measures 21-22
	1-8, 1-8, 1-8 1-4 5-8 1-4 5-8 1-8, 1-8 1, 2, 3, 4 5, 6, 7, 8 1-2, 3-4 5-6, 7-8

Name: Samantha Forbes Level of exercise: Pre-ballet

Title of Exercise: Honey Port de bras

Music: Critters and Countries, "Candy Port de Bras"

Time Signature: 4/4

Learning Objective: how to move arms without rigidity from 5th position through demi seconde to bras bas and from first position through second down to bras bas. To learn how to stretch the back of their legs.

Creative explanation: putting jar of honey behind us (so the Winnie the Pooh can not see we are playing with his honey) rubbing the honey on hands, sticking them together, and pulling them apart to then wiping honey on the walls to create a flowing port de bras movement. For stretch students and hand and feet are stuck to floor with while they stretch up and try to lengthen legs.

Story: sneaking into Winnie the Pooh's house and playing with his honey (port de bras) and then stretching up after exercise to get out of house. (whispering so Winnie doesn't hear us)

Cautionary Reminder: To flow through positions of port de bras without rigidity, and to sit with a long-lengthened back.

Notes: Dancers will stay seated the entire exercise unless stated otherwise

Starting position: Sitting on feet with hands on hip and a lengthened back

Preparation: hold starting position for first 2 measures (first 8 counts)

Measures	Counts	Steps with arms
1	1-4	Pretend to dip hands in jar of honey behind back
2	5-8	Pretend to rub honey all over hands
3	1, 2-4	Clap or "stick" hands together over head, hold this position
4	5-7, 8	Slowly peel hands apart, arms in 5 th position
5	1-4	R arm travels slowly from 5 th position to demi seconde while L arm stays in 5 th position
6	5-8	R arm travels from demi seconde to bras bas while L stays in 5 th position
7	1-4	L arm travels slowly from 5 th position to demi seconde while right arm stays
		in bras bas
8	5-8	L arm travels slowly from demi seconde to bras bas while R arms stays in
		bras bas
9-16	1-8, 1-8,	Repeat measures 1-8
	1-8, 1-8	
17-18	1-8	Repeat measures 1-2
19	1, 2-4	Clap or "stick" hands together out in front of chest, hold this position
20	5-7, 8	Slowly peel hands apart, arms in first position
21	1-4	R arm travels slowly from first to second position while L arms stays in first
		position
22	5-8	R arm travels slowly from second position to bras bas while L arm stays in
		first position
23	1-4	L arm travels from first position to second position while R stays bras bas
24	5-8	L arm travels from second to bras bas while R arm stays bras bas

Name: Samantha Forbes Level of exercise: Pre-ballet

25-32	1-8, 1-8,	Repeat measures 17-24
	1-8, 1-8	
33-34	1-8	Repeat measures 1-2
35	1-4	Rub honey on feet
36	5-6, 7-8	Pretend to stick right hand onto ground, and then stick left hand onto ground
		in front on knees in same sitting position
37	1-4	Get into crouch position with toe pads now on the floor and body is still at the
		same level as the exercises above
38	5-8	Leaving hands and feet "stuck" to the floor lengthen back of legs and stretch
		hips up to the ceiling
39-40	1-8	Hold stretch
		After music ends "unstick" R hand, then L hand, then R leg, and L leg and
		wipe/shake all the honey off (leave Winnie the Pooh's house by tip toeing
		away)

Name: Samantha Forbes Level of exercise: Level 3

Title of Exercise: échappé sauté battu

Music: Music For Ballet Class, "Petit Allegro 2"

Time Signature: 4/4

Learning Objective: To understand the beating action of battu in an échappé sauté and relate a tight sous-sus to the battu in the air.

Creative explanation: I will first give them a reminder and they will practice échappé second, échappé sous-sus and I will explain (assuming I have explained this to them before) how échappé sous-sus is like your legs are being sucked up into a straw. This will make sure there is no space between their legs on the sous-sus. For the battu my creative explanation will be that the legs bounce off of each other like a ball bounces off the ground. The ball hits the ground and bounces right up with little effort, so the legs come all the way together like they are sucked up into a straw and then the legs immediately bounce off each other to separate.

Cautionary Reminder: The dancers must be careful not to hit their legs together. The legs should touch and come all the way together in battu, but it must be gentle.

Notes: The combination is at barre and the students should use the barre to help get off the floor and understand the movement. The barre should placed to where they can see themselves in the mirror.

Starting position: 5th position right foot front arms bras bas

Preparation: 1-2 carry arms demi-second, 3-4 carry arms to bras bas, 5-7 place hands on barre, 8 plié in 5th

Measures	Counts	Steps with arms
1	1, 2, 3, 4	échappé sauté land in second plié, battu R foot front, échappé sauté
		land in second plié, battu right foot front
2	5, 6, 7, 8	échappé sauté second, battu R foot front, échappé sauté second, battu R
		foot front
3	1-2, 3-4	échappé sauté second, changement to 5 th R foot back
4	5-7, 8	Hold position, fondu R foot coupé derriere
5	1, 2, 3, 4	(pas de bourrée en relevé) step R leg back, L leg side, R leg front to 5 th relevé,
		fondu L foot in coupé
6	5-8	Reverse measure 5 (pas de bourrée to right)
7	1, 2-4	R coupé closes back in 5 th plié, sous-sus hold
8	5, 6, 7, 8	Plie from sous-sus, straighten, hold, plié (5 th R still in back)
9-16	1-8, 1-8,	Reverse measure 1-8 starting with L foot front
	1-8, 1-8	