

PRE-PREPARATORY BALLET

1. Walking, Skipping, Running & Marching (in a circle)
- 2a. Exercise for posture
- 2b. Stretch & Relax spine
- 2c. Spine into floor exercise (Marshmallow Tummies!)
3. Loosening Hips (Flying in Butterfly!)
4. Instep Exercise - Stretch and Flex feet
5. Demi Plié
6. Tendu to 2nd
7. Pointe & Close
8. Gallops to the side
9. Show 1st position & 2nd position of the feet and arms
10. Hands exercise - Shaking, Twisting, Up and Down, Fingers wriggling
11. Story - Incy Wincy Spider

Free work is always included in class - the use of props, travelling, new age appropriate steps and musical interpretation games etc