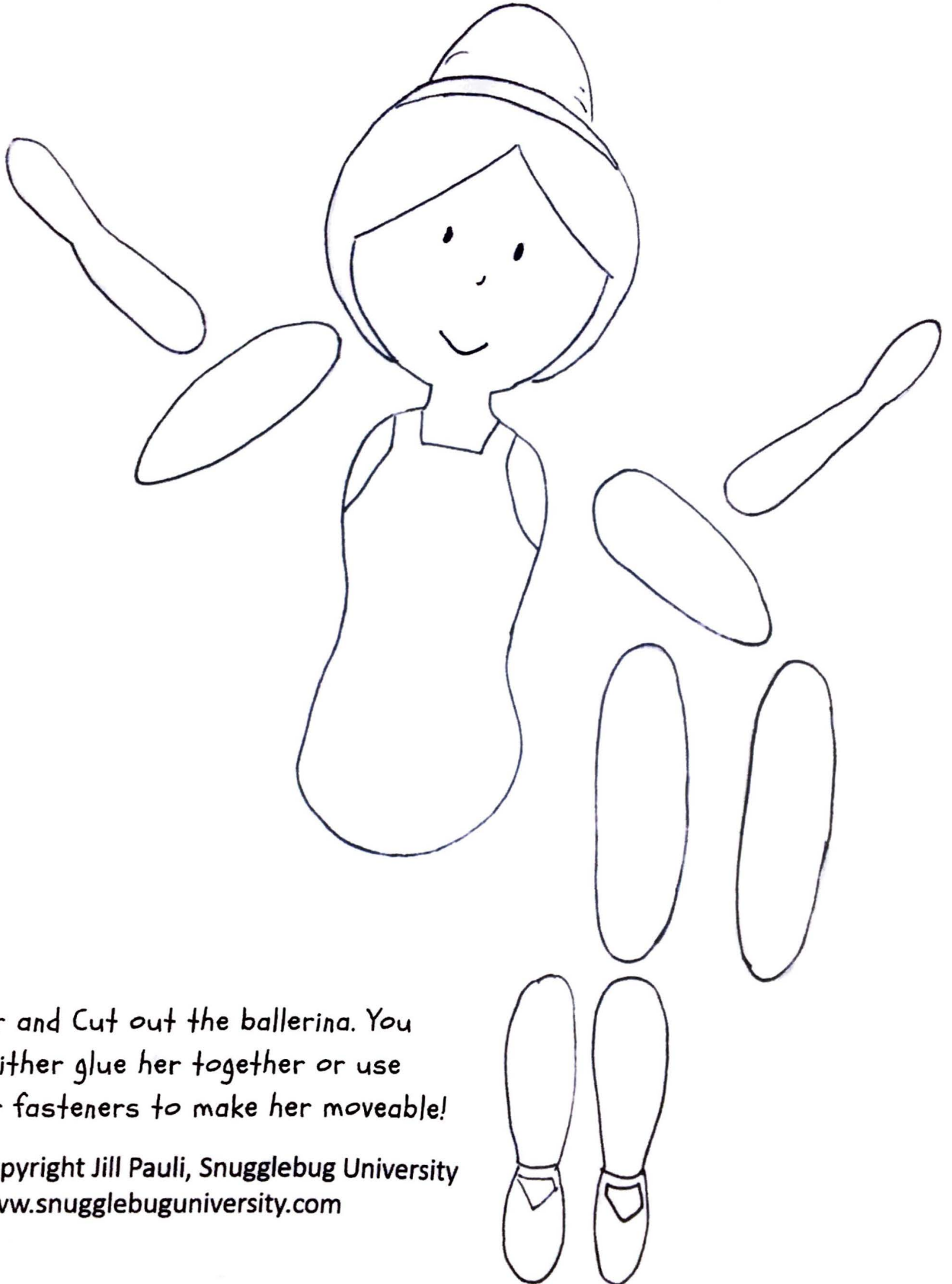


Paper ballerina cutout



Color and Cut out the ballerina. You can either glue her together or use paper fasteners to make her moveable!

Copyright Jill Pauli, Snugglebug University
www.snugglebuguniversity.com







Plié

[plee-AY]

To Bend

Plié: Bent, bending. A bending of the knees.

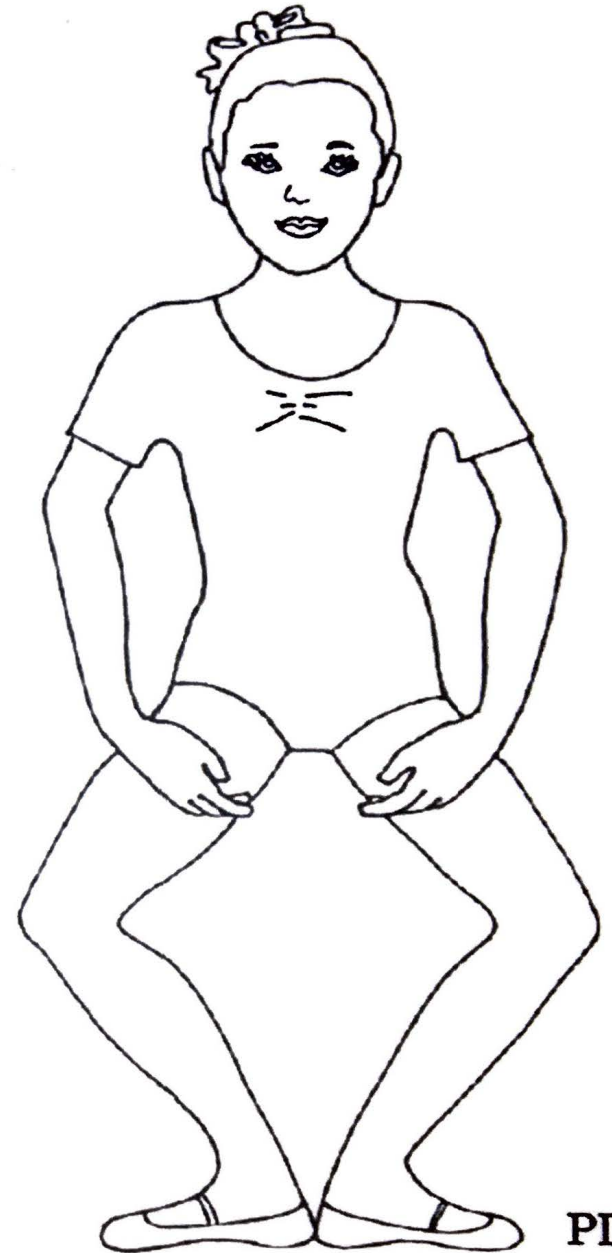
Warms up the the joints and muscles so they are soft and pliable, extends the tendons so they are flexible, and develops balance.

Things to Remember:

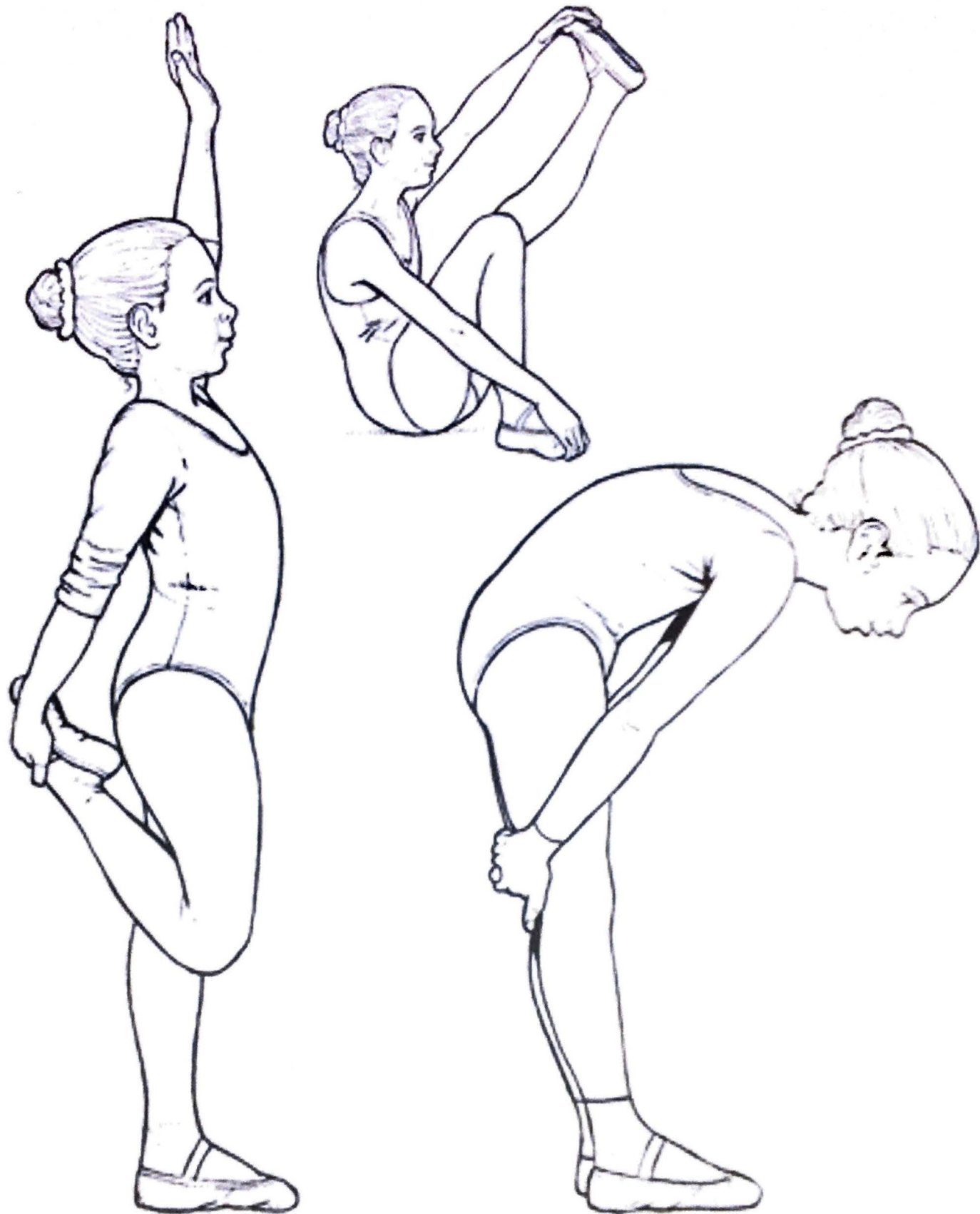
Knees over the toes (Make a diamond shape with legs)

Heels on the ground

Hipbones Up, Tailbone down



PLIÉ
(BEN



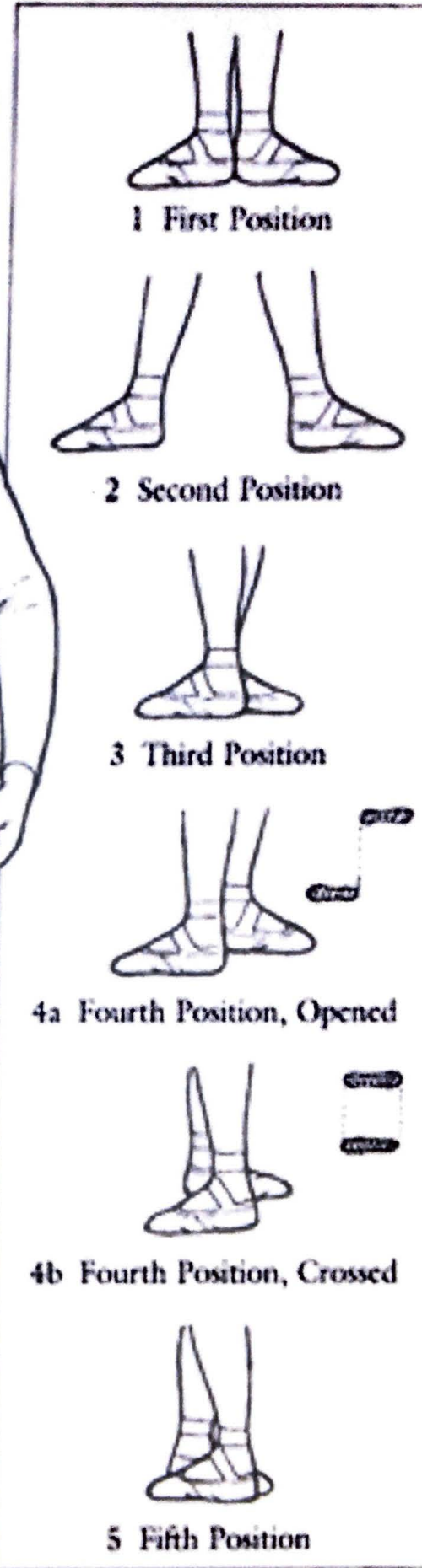
STRETCHING EXERCISES



6

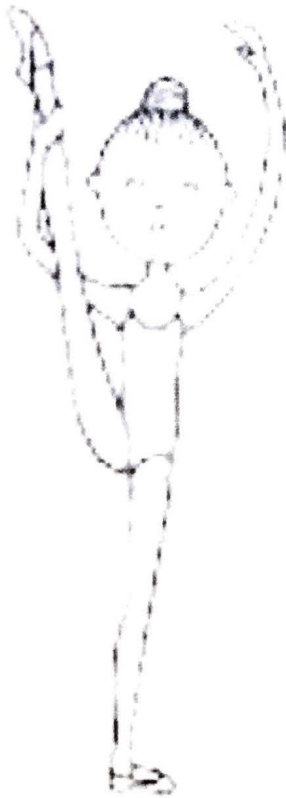
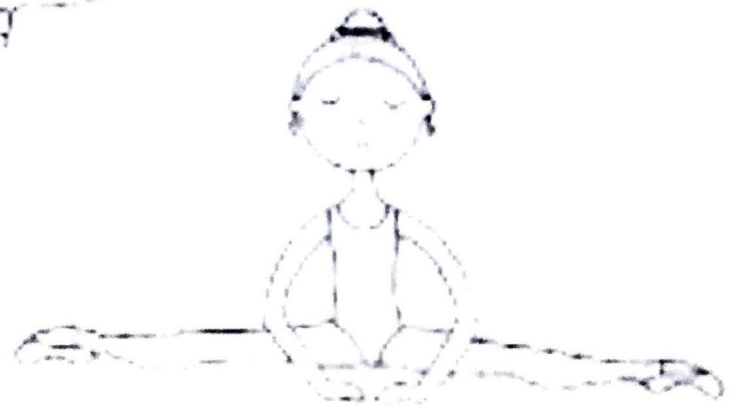
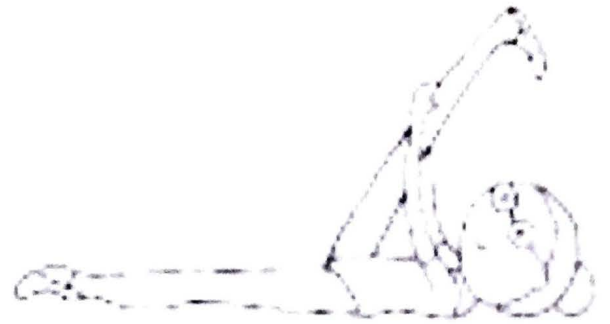
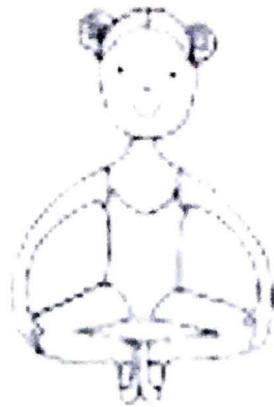
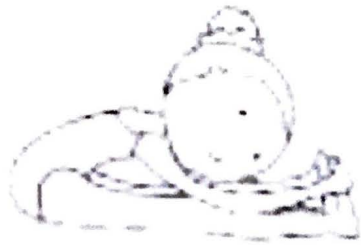


7



FOOT POSITIONS

My Favorite Ways to Stretch

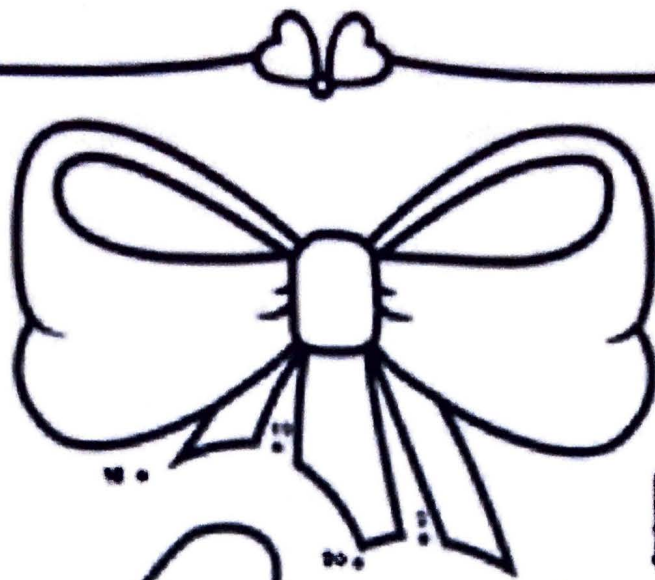


GRAND JETÉ



Why do you love to dance?





Ballet dot-to-dot



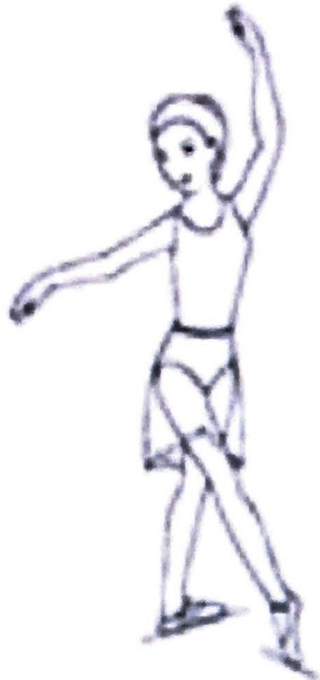


Ballet vocabulary

Write the term below the picture.

Arabesque
Grand Jeté
Bourrée

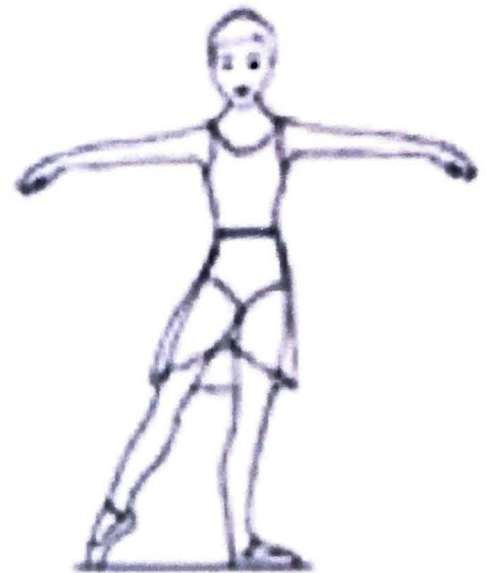
Passé Releve
Croisé Devant
à la Seconde



1. _____



2. _____



3. _____



4. _____



5. _____



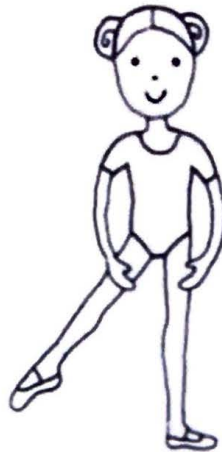
6. _____



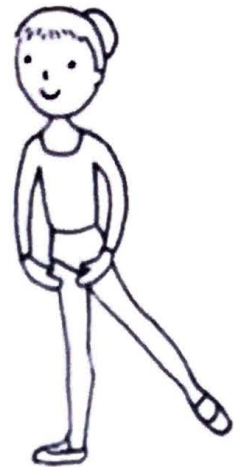
Working on Correct Positions and Steps



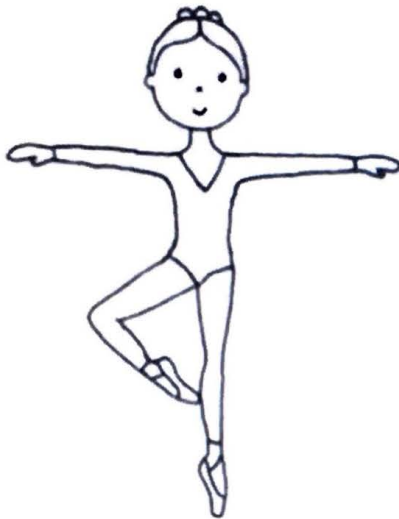
tendu croisé devant



jeté à la seconde



frappé derrière



passé en relevé



preparation
for pirouette

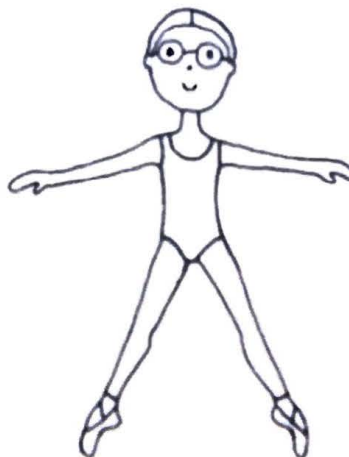


turning



finishing

My corrections:



échappé



penché

Checklist for My Ballet Bag

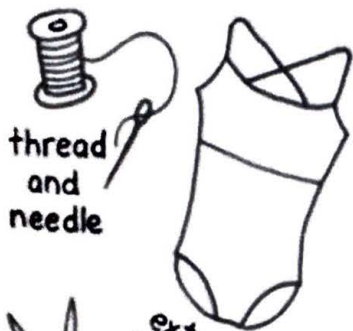
Remember to bring:



practice tutu



bandages and toe tape



thread and needle



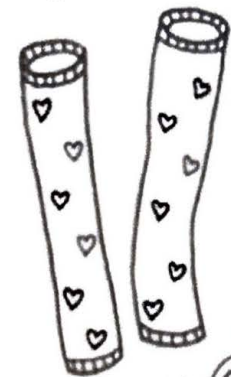
extra leotard



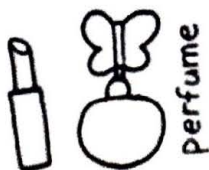
scissors



makeup pouch



leg warmers



lipstick

perfume



hair elastics

bobby pins



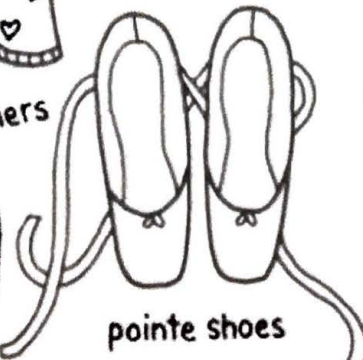
scrunchie



hairbrush and comb



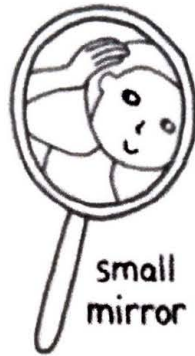
toe pads



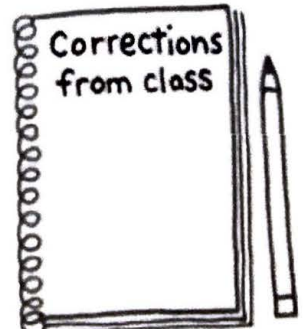
pointe shoes



another extra leotard



small mirror



notebook and pencil for notes



pink tights

banana



heavy socks



water bottle

Ballet Class

True or False?

1) Ballet dancers stretch before they dance to warm up their muscles. _____

2) Only girls can do ballet. _____

3) Ballet dancers always move slowly. _____

4) Ballet dancers have strong muscles. _____

5) Ballet dancers can dance on their toes. _____

g	r	a	c	e	f	u	l
b	c	t	w	i	r	l	d
b	a	l	a	n	c	e	a
h	r	l	q	u	y	s	n
e	j	k	l	e	a	p	c
t	u	r	n	e	m	i	i
n	t	w	i	s	t	n	n
s	t	r	e	t	c	h	g

ballet

twirl

dancing

graceful

stretch

balance

turn

spin

leap

twist