

Class Name: Ballet (Ages 6 & up)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December of 2015. All our instructors are USAG certified and have completed safety certification.

Our Mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

Course Description: (Ages 6 & up) Ballet is a highly formalized style of dance that focuses on body alignment, abdominal control, proper placement, strengthening, and flexibility. All classes start at the ballet barre then move to the center to do skills in combinations without the barre. Students then work on moving across the floor with turns and leaps. Students also learn discipline, structure of the class and ballet terminology. Ballet is the foundation of all dance and is strongly encouraged.

Skills/Positions List

Foot/Arm Positions:

First

Second

Third

Fourth

Fifth

Barre Work:

Plié

Demi plié

Grand plié

Tendu

Relevé

Dégagé

Coupé

Passé

Rond de Jambe

Développé

Frappé

Grand Battement

Center Work:

Tendu

Demi Plié

Degagé
Bourree
Ballet Body Position (3)
Pas de bourrée
Developé
Promenade

Jumps:
Sauté - 1st, 2nd
Echappé
Glissade
Changement
Echappé changement
Jeté coupé
Temps leve
Pas de Chat
Entrechat
Royale

Across the Floor:
Relevé walks
Passé walks
Ballet walks
Chassé - forward & sideways
Triplets - front & side
Passé sauté (parallel and turned out)
Arabesque sauté
Grand jeté
Tombe pas de bourrée

Turns:
Chainé
Piqué
Pirouette
Arabesque
Pas de bourrée

Course Outline:

Week 1 – Lesson plan includes various skills from list above. (Begins September 5th)
Week 2 - Lesson plan includes various skills from list above.
Week 3 - Lesson plan includes various skills from list above.
Week 4 - Lesson plan includes various skills from list above.
Week 5 - Lesson plan includes various skills from list above.
Week 6 - Lesson plan includes various skills from list above.
Week 7 - Lesson plan includes various skills from list above.
Week 8 - Lesson plan includes various skills from list above.
Week 9 - Lesson plan includes various skills from list above.
Week 10 - Lesson plan includes various skills from list above.

Week 11 - Lesson plan includes various skills from list above.

Week 12 - Lesson plan includes various skills from list above– Gym Closed Thursday – Saturday -
Thanksgiving week

Week 13 - Lesson plan includes various skills from list above.

Week 14 - Lesson plan includes various skills from list above.

Week 15 - Lesson plan includes various skills from list above.

Week 16 - Lesson plan includes various skills from list above.

Week 17 Christmas – Gym Closed

Week 18 New Years – Gym Closed

Week 19 - Lesson plan includes various skills from list above.

Week 20 - Lesson plan includes various skills from list above.

Week 21 - Lesson plan includes various skills from list above.

Virtual Links (if any): www.pimgymnastics.com