

**BALLET**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_

BLUE – FLEXIBILTY SKILLS TO BE DONE EVERY DAY

BLACK – STRENGTH SKILLS TO BE DONE 2-3X PER WEEK AT HOME

HOME PRACTICE SHEET

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Split (R) | 15 sec |  |  |  |  |  |  |  |
| Split (L) | 15 sec |  |  |  |  |  |  |  |
| Center split | 15 sec |  |  |  |  |  |  |  |
| Plie’s (1st & 2nd Position) | 8 of each |  |  |  |  |  |  |  |
| Releve (1st & 2nd Position) | 8 of each |  |  |  |  |  |  |  |
| Tendu’s  Front, Side, Back Side (R&L) | 2 sets on each side |  |  |  |  |  |  |  |
| Ballet Positions | 1st & 2nd  (Ballet 1 & Up include 3rd,4th,& 5th with arms |  |  |  |  |  |  |  |
| Arabesque  (R&L) | 8 sec. each |  |  |  |  |  |  |  |
| Passe’ (R&L) | 8 sec. each |  |  |  |  |  |  |  |
| Battements’  (kicks) | 8 both R&L |  |  |  |  |  |  |  |
| Chaine’ turns  (single turns to R&L) | 8 on each side |  |  |  |  |  |  |  |
| Jete’s  (small leaps) | 8 of each |  |  |  |  |  |  |  |