

# Ballet 1 - Third Quarter

## Lesson Plan 1

### I. Warming Up

1. Skipping Forward and Back (Track 2, pg. 22)
2. Five Positions of the Feet (Track 3, pg. 23)

### II. Exercises at the Barre

1. Demi Plié in 1st and 2nd (Track 4, pg. 24)
2. Rises in 1st and 2nd Positions (Track 5, pg. 24)
3. Battement Tendu Devant and Derriere (Track 6, pg. 25)
4. Petit Retiré Devant and Derriere (Track 8, pg. 26)
5. Attitude (Track 10, pg. 28)
6. Learning Rond de Jambe en Dedans (Track 12, pg. 28)

### III. Center Work

1. Floor Stretch (Track 17, pg. 31)
2. Five Positions of the Arms (Track 21, pg. 34)
3. Demi Plié in 3rd (Track 22, pg. 34)
3. Transfer of Weight with Plié (Track 23, pg. 35)
4. Ballet Walks (Track 25, pg. 36)
5. Three Walking Turns (Track 29, pg. 39)

### IV. Natural Movement

1. Picked Up Gallops (Track 36, pg. 42)
2. Learning the Polka (Track 38, pg. 43)

### V. Allegro Section

1. Soubresaut (Track 41, pg. 44)
2. Echappé Sauté (Track 43, pg. 45)

### VI. Enchainements

1. Enchainement #4 (Track 53, pg. 51)

### VII. Dances

1. The Rainbow (Track 58, pg. 54)

### VII. Cool Down

1. Classical Reverence (Track 48, pg. 48)