



Ballet Technique Class (Age 7)

Ballet Age 7 exercises should be done at slow tempos while breaking down each step. No more than 8 - 16 counts in each direction. No more than two types of steps in each exercise.

Barre Work

All exercises are done facing the barre with two hands on the barre or with backs to the barre

1. Foot warm up in 6th position (Start in 6th position, R foot demi-pointe, full pointe with no weight on the pointed foot, return to demi-pointe, close to 6th position, Repeat with L Foot)
2. Pliés (to bend or fold) done in 1st, 2nd, 5th, no 4th position
They just start learning grand plié in this technique level. Emphasize the four counts of the grand plié and where they should be at each count. Emphasize the reason behind the heels lifting off of the ground so that they don't lift the heels until they physically need them to release.
3. Tendu (to stretch) Teach the correct position of each direction. Tendus can be performed en croix (in the shape of a cross)

Front (devant) - In front of the nose, Side (à la seconde) - By the ear or follow the toe from first position to à la seconde, Back (derrière/arabesque) - Behind the middle of the back
4. Dégagés (disengage) en croix (add piqué-to prick to dégagé exercises)
5. *Rond de Jambe (circle of the leg) en dehors and en dedans à terre only - demi and full rond de jambes*
6. *Coupé (cut/cutting) positions - Coupé is the action of going to the position and the word cou-de-pied describes the actual position*

The Three Positions of the Foot at the Ankle

A. Cou-de-pied devant (neck of the foot) This is the position of the foot at the front of the ankle

B. Sur le cou-de-pied devant (on the neck of the foot) This is the position of the foot around the ankle. Teaching Hint - for the first time finding the position: Flex the working foot in front of ankle of supporting leg and then wrap foot around ankle to teach sur le cou-de-pied devant position before starting frappé

C. Sur le cou-de-pied derrière (on the neck of the foot) This is the position of the foot at the back of the ankle

7. Frappé (to strike) front only first (back to barre if you are on wall barres) Start with the working foot in sur le cou-de-pied devant, go to demi-pointe on the working foot, frappé devant, return to sur le cou-de-pied at a slow tempo with each position getting one count and hold the sur le cou-de-pied to repeat

Later, once all of the cou-de-pied positions are taught, add frappé to à la seconde but watch for sickled feet to sur le cou-de-pied derrière as they learn to alternate cou-de-pied positions after each frappé to the side.

8. Fondu (to melt) front only (back to barre, add a retiré) Fondu to coupé devant, lift to retiré devant, return to fondu devant and close to 5th. Later add 45 degree extension to the front stopping in attitude devant and emphasizing the straightening of both the supporting and working legs at the same time.

9. Grand battement (big beat) with the back to barre, front only then turn to face the barre and add grand battement derrière

10. Sous-sus (under/over) Exercise (Facing the Barre) Work on the action of the sous-sus with both feet pulling up from 5th position. Use temps lié or sous-sus changé to change legs

11. Pas de bourrée (step of the bourrée) exercises (Fondu to sur le cou-de-pied derrière, fifth on relevé, step to 1st on relevé, cross fifth in relevé, release the foot and lower to flat fifth position, fondu sur le cou-de-pied derrière on the other foot) Do not add cou-de-pied devant positions to pas de bourrée until PP 1 (Ages 8-9) to prevent sickled feet.

13. Pirouette preparation exercise (Facing the Barre) Start in fifth position, tendu à la seconde, plié fifth, retiré devant on relevé, plié back to fifth and repeat three times on the right side, temps lié to transfer to the other side and repeat on the left leg.

14. Balancé (rocking step) preparation (Facing the Barre) Start in 6th position, tombé side to coupé parallel, step up to demi-pointe, back to coupé parallel in fondu and then reach to tombé to the other leg. Balancé turned out with coupé positions is taught in PP 1 (Ages 8-9)

15. Soutenu (sustained) Exercise (Facing the Barre) Start in 5th position, plié in 5th, tendu fondu devant, pull up to fifth position, release back to 5th position straight legs. You can repeat this to à la seconde, and to tendu derrière (en croix)

Stretching

Stretch in center on floor (10 minutes of set floor exercises)
Start to work on holding the splits in Ballet Age 7 classes

Center Exercises

*Most exercises are done with the hands on the hips
unless it is a port de bras exercise*

Teach the Vaganova and/or Cecchetti corners of the room

Teach croisé (crossed) épaulement position and effacé (shaded) épaulement position which are both done standing in 5th position with the arms in preparation

Port de Bras Exercises: (Start in croisé epaulement facing corner 8)

Teach Vaganova 1st and 2nd port de bras

Center Tendu:

Various exercises done starting in croisé and en face: Don't incorporate more than two steps into each exercise and no more than 8 counts in one direction (Keep the hands on the hips)

Tendu (add fondu on supporting leg) Preparation for pas de basque

Dégagé

Piqué

Retiré

Temps lié

Pirouette preparation exercise:

Tendu, plié 5th, retiré devant, plié 5th

Add the relevé to the retiré devant after they have worked on this at the barre. ¼ turns promenade without relevé for concept of turning motion

Sautés:

Sautés 1st, 2nd (add ¼ turns and patterns)

Changements (Changing through first position in the air)

Soubresaut

Spring Pointes (learn en face and then start in croisé and change to effacé by switching legs) (3 spring pointes and a clap)

Échappé sauté from fifth to second positions

Across the floor or from diagonal

(Hand on hips)

Waltz forward without turn (emphasize the brush through first position in plié)

3 walks and pointe tendu

Pas de couru (Add Cecchetti third arms switching and using épaulement)

Parallel pas de chat (Face mirror and work on lifting one leg and then the other into retiré parallel moving en avant and then do the step across the floor)

Chassé front and side

Chassé 4 on each leg (add opposite arms)

Skate hop (arabesque)

Chassé, temps levé arabesque

Polka (Hop, step, together, step, brush hop) OR you can say "hop chassé on one leg, switch, chassé on the other"

Leaps (Grand jeté)

Boys Supplementary Exercises for Age 7

Push ups on the knees to start working on upper body strength for partner work when they are older

Spotting Exercise - (With fingertips on the shoulders) Begin in first position, plié, relevé, tiptoe turn while leaving head to the front for as long as possible and then snapping the head back around to the front

Sautés - ¼ turn sautés from first position

During petit allegro exercises have the boys dance in their own group and perform the jumping exercise at a slower tempo. (Sautés in first, échappé sauté, changements)

Walks with larger temps lié (rock and point) through second and fourth position with arms in first (Can be performed from back to front and across the floor from the diagonal)

Révèrence for Boys: Walks and bows with one foot in ¼ pointe in first position

Suggested book for boys ballet: [The Only Boy in Ballet Class](#)

It is important to make boys feel included with books showing boys in dance attire and in dance classes who are their age.