

## Pre-Primaries

Your A - Z Ballet Challenge  
Use your full name for your ballet workout.  
For example - Miss Kate

- M - MARCH 16 times
- I - Freeze like a ICE SCULPTURE
- S - Practice SKIPPING with Mum or Dad
- S - Practice SKIPPING with Mum or Dad
- K - Do 16 KANGAROO Bounces
- A - Be an ALLIGATOR
- T - TWIRL around 4 times one way, then 4 times the other way
- E - be EXTRA small like a tiny mouse

Then video yourself doing these things! 🌟

- A - be an ALLIGATOR
- B - BALLERINA dance
- C - pretend to be a nimble CAT
- D - show us your biggest DIAMOND in demi plies
- E - be EXTRA small like a tiny mouse
- F - stand on one leg like a FLAMINGO
- G - do 16 Pony GALOPS
- H - do 16 HOPS
- I - Freeze like a ICE SCULPTURE
- J - JUMP 16 times
- K - do 16 KANGAROO Bounces
- L - LEAP across the room
- M - MARCH 16 times
- N - do NAUGHTY TOES
- O - OPEN your arms like waking up in the morning
- P - POINT your right toe X 8, then POINT your left toe X 8
- Q - run QUIETLY around the room
- R - REACH up high & tickle the sky, REACH down low & tickle your toes
- S - practice SKIPPING with mummy or daddy
- T - TWIRL around 4 times one way, then 4 times the other way
- U - show your very best walks UP on your tip toes
- V - do your VERY best ballet pose for the camera
- W - Wiggle your toes into 1<sup>st</sup> position
- X - do some x-tra lovely ballet arms!
- Y - YOU do whatever you want - improvisation!
- Z - run little tiny step in a Zig Zag

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For example - Miss Kate

- M - MARCH 16 times
- I - freeze like an ICE SCULPTURE
- S - practice SKIPPING
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- K - bend your KNEES 4 times then stretch, do this again
- A - ACT like your scared, happy, angry then surprised
- T - TWIRL around 4 times one way, then 4 times the other way
- E - Walk around the room like an ELEPHANT

Then video yourself doing these things! ✨

- A - ACT like your scared, happy, angry then surprised
- B - BALANCE on one leg and count to 4, then try the other leg
- C - CLAP 8 times, then jump 8 times.
- D - Standing with your feet together DO 16 jumps feet out & in
- E - Walk around the room like an ELEPHANT
- F - Pretend your picking stars from the sky with your FINGERS
- G - do 16 pony GALOPS
- H - HOP on one leg 4 times, change legs and do it again, repeat
- I - freeze like an ICE SCLUPTURE
- J - JUMP 16 times
- K - bend your KNEES 4 times then stretch, do this again
- L - LEAP across the room
- M - MARCH 16 times
- N - Sit on the floor and do NAUGHTY toes
- O - Sitting, OPEN your legs wide, then shut quickly like scissors, repeat 4 times
- P - POINT your right toe, then POINT your left toe, repeat
- Q - run very QUIETLY around the room
- R - RUN on your tip toes
- S - practice SKIPPING
- T - TWIRL around 4 times one way, then 4 times the other way
- U - sit down on the floor, STAND UP, repeat
- V - do your VERY best ballet pose for the camera
- W - Wiggle your toes into 1<sup>st</sup> position
- X - do some x-tra lovely ballet arms!
- Y - YOU do whatever you want - improvisation!
- Z - run little tiny step in a ZIG ZIG

## Grade 1 & Grade 2

Your A - Z Ballet Challenge  
Use your full name for your ballet workout.  
You might have to look some things up!  
For example - Miss Kate

M - See if you can MANAGE a PLANK  
I - Freeze like an ICE SCULPTURE  
S - 16 SPRING POINTS  
S - 16 SPRING POINTS  
K - KICK your one leg really high, then the other  
A - Do some nice ARM positions  
T - TRANSFER your weight through 2nd  
E - Do EXTENDED springs

Then video yourself doing these things! ✨

A	Do some nice ARM positions	N	Do 10 NICE Sit ups
B	Show BENDS in 1 <sup>st</sup> then 2 <sup>nd</sup> position	O	Do ONE big smile in front of the camera
C	Jump & land in 3 <sup>rd</sup> CHANGING your legs x 8	P	16 PETIT JETES Derriere
D	DEGAGE to the front	Q	Do 16 QUIET skips
E	Do EXTENDED springs	R	RUN on your toes and finish in a pose
F	Do FOUR jumps facing the front, side, back, side	S	16 SPRING POINTS
G	Do GALOPS	T	TRANSFER your weight through 2nd
H	Step HOP 8 times from the corner	U	UP and over, UP and overs
I	Freeze like an ICE SCULPTURE	V	Do your VERY best pose for the camera
J	Do 16 sautes/ JUMPS	W	Do WIDE arms in 2 <sup>nd</sup> position
K	KICK your one leg really high, then the other	X	Do something EXTRA special
L	LEAP across the room	Y	YOU do whatever you want - Improvise!
M	See if you can MANAGE a PLANK	Z	Do scissor galops in a zigzag

## Grade 3

Your A - Z Ballet Challenge  
Use your full name for your ballet workout.  
You might have to look some things up!  
For example - Miss Kate

- M - See if you can MANAGE 32 Changements
- I - Try a Grand Plie IN the middle of the room
- S - SECOND Arabesque
- S - SECOND Arabesque
- K - KICK your one leg really high, then the other
- A - ASSEMBLE over x4
- T - Do 4 TRANSFERs OF WEIGHT
- E -Do Battements Tendus EN CROIX, both legs

Then video yourself doing these things! ✨

A	ASSEMBLE over x4	N	Do 10 NICE Sit ups
B	BATTEMENT GLISSES en cloche, both legs	O	Do ONE big smile in front of the camera
C	CHASSE into 2 <sup>nd</sup> position	P	POSE temp leves in retire derriere x 4
D	DEVELOPPE devant, both legs	Q	QUIET petits jetes x8
E	Do Battements Tendus EN CROIX, both legs	R	RONDS DE JAMBE A TERRE EN DEHORS
F	FIRST arabesque, both legs	S	SECOND Arabesque, both legs
G	GLISSADE derriere 4 times. Then do other leg	T	Do 4 TRANSFERs OF WEIGHT
H	HOLD a plank	U	Stand UP tall on demi pointe & hold for 30 seconds
I	Try a Grand Plie IN the middle of the room	V	Do your VERY best ballet pose for the camera
J	Do Grand JETE across the room (Leap)	W	Do 4 WAIT for it... press ups
K	KICK your one leg really high, then the other	X	Do something EXTRA special
L	LEAP across the room	Y	YOU do whatever you want - Improvise!
M	See if you can MANAGE 32 Changements	Z	Do scissor galops in a zigzag

## Grade 4-5

Your A - Z Ballet Challenge  
Use your full name for your ballet workout.  
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For example - Miss Kate

- M - See if you can MANAGE the side splits
- I - Do a Grand Plie in 5<sup>th</sup> IN the centre
- S - SISSONNE ORDINAIRE PASSE DEVANT
- S - SISSONNE ORDINAIRE PASSE DEVANT
- K - KICK your one leg really high, then the other
- A - ARMS - Demonstrate ALL ARM positions
- T - TEMPS LEVE IN 2<sup>nd</sup> ARABESQUE
- E - EASY peasy 32 Sautes in 2<sup>nd</sup> position

Then video yourself doing these things! ✨

A	ARMS - Demonstrate ALL ARM positions	N	Do 10 NICE Sit ups
B	BATTEMENTS TENDUS en croix, both legs	O	Do ONE Grande Jete!
C	32x CHANGEMENTS	P	PAS DE VALSE, both sides
D	Hold Pirouette position on DEMI POINTE, both legs	Q	8 QUIET Petits Jetes
E	EASY peasy 32x Sautes in 2 <sup>nd</sup> position	R	RELEVE by half turns, both sides
F	Do some FREE MOVEMENT	S	SISSONNE ORDINAIRE PASSE DEVANT x 8
G	GLISSADES Over x8	T	TEMPS LEVE IN 2 <sup>nd</sup> ARABESQUE, both legs
H	HOLD a plank for 10 seconds	U	Glissades UNDER x8
I	Do a Grand Plie in 5 <sup>th</sup> IN the centre	V	Do your VERY best ballet pose for the camera
J	JETE ORDINAIRE DERRIERE DE COTE, both sides	W	Do 4 WAIT for it... press ups
K	KICK your one leg really high, then the other	X	Do something EXTRA special
L	Any pirouette to your LEFT then to your right	Y	YOU do whatever you want - Improvise
M	See if you can MANAGE the side splits	Z	Do scissor galops in a zigzag

## Senior Girls Higher Grades & Vocationals

Your A - Z Ballet Challenge  
Use your full name for your ballet workout.  
You might have to look some things up!  
For example - Miss Kate

- M - See if you can MANAGE the side splits
- I - Do a Grand Plie in 5<sup>th</sup> IN the centre, X4 changing legs
- S - SISSONNE ordinaire passe derriere x 8, repeat in with passe devant
- S - SISSONNE ordinaire passe derriere x 8, repeat in with passe devant
- K - Jump feet in parallel then KICK really high. Repeat alternate legs x16
- A - ARMS - Demonstrate ALL ARM positions
- T - Do any kind of TRIPLE turn
- E - 8X BATTEMENT FRAPPES A LA SECONDE, both legs

Then video yourself doing these things! ✨

A	ARMS - demonstrate ALL ARM positions	N	Do 20 NICE Sit ups
B	BATTEMENTS TENDUS & GLISSES en croix, both legs	O	Do ONE big smile in front of the camera
C	32x CHANGEMENTS	P	POSE temps leve in arabesque and galop, and repeat other leg
D	Hold Pirouette position on DEMI POINTE, both legs	Q	8 QUIET Petits Jetes
E	EASY peasy 32x Sautes in 2 <sup>nd</sup> position	R	RELEVE devant and releve passe derriere & repeat x4
F	8X BATTEMENT FRAPPES A LA SECONDE, both legs	S	SISSONNE ordinaire passe derriere x 8, repeat in with passe devant
G	16x GRAND BATTEMENTS EN CLOCHE, both legs	T	Do any kind of TRIPLE turn
H	HOLD a plank for 10 seconds	U	Glissades UNDER, derriere, over, under
I	Do a Grand Plie in 5 <sup>th</sup> IN the centre, X4 both legs	V	Do your VERY best ballet pose on one leg for the camera
J	JETE Ordinaire devant and temp leve, temp leve, temp leve, repeat other leg ALL x4	W	Do 4 WAIT for it... 10 press ups
K	Jump feet in parallel then KICK really high. Repeat alternate legs x16	X	Do something EXTRA special
L	Any DOUBLE pirouette to your LEFT then to your right	Y	YOU do whatever you want - Improvise!
M	See if you can MANAGE the side splits	Z	Do scissor galops in a zigzag!

