

Ballet Arts For Young Children: Level 3: Classwork And Teaching Helps For The Ballet Teacher Of Children Age 5 To 7

Teaching ballet to children aged 6 to 10 can be a rewarding and challenging experience. These young dancers are eager to learn and have boundless energy, but they can also be easily distracted and have difficulty following instructions. As a ballet teacher, it is important to have a variety of classwork and teaching helps on hand to keep your students engaged and learning.

Classwork

The following are some ideas for classwork that you can use with your students:

- **Warm-ups:** Warm-ups are essential for preparing the body for dance. They help to increase flexibility, range of motion, and strength. There are many different types of warm-ups that you can use, so be sure to vary them to keep your students interested.
- **Exercises at the barre:** Exercises at the barre help to develop strength, balance, and coordination. They are also a great way to teach students the basic positions of ballet.
- **Center work:** Center work is a series of exercises that are performed in the center of the room. These exercises help to develop strength, balance, flexibility, and coordination.

- **Across-the-floor work:** Across-the-floor work is a series of exercises that are performed while moving across the room. These exercises help to develop coordination, balance, and endurance.
- **Dance combinations:** Dance combinations are a series of steps that are put together to create a dance. Combinations can be simple or complex, and they can be used to teach students a variety of skills.

Teaching Helps

In addition to classwork, there are a number of teaching helps that you can use to make your lessons more effective. These include:



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★★★★☆ 4.7 out of 5

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- **Music:** Music is an essential part of ballet class. It can help to set the mood, provide a rhythm for the dancers, and motivate them to move. Be sure to choose music that is appropriate for the age and ability level of your students.
- **Props:** Props can be used to add variety and interest to your classwork. They can also be used to help students learn specific skills.

Some common props that are used in ballet class include barres, mats, and weights.

- **Visual aids:** Visual aids can be used to help students understand the concepts that you are teaching. They can include diagrams, charts, and photographs.
- **Demonstrations:** Demonstrations are a great way to show your students how to do a particular exercise or dance step. Be sure to demonstrate clearly and concisely, and give your students plenty of time to practice.
- **Positive reinforcement:** Positive reinforcement is a great way to motivate your students and help them learn. Be sure to praise your students for their effort and progress, and offer them encouragement when they are struggling.

Teaching ballet to children aged 6 to 10 can be a rewarding and challenging experience. By using a variety of classwork and teaching helps, you can make your lessons more effective and enjoyable for your students. Remember to be patient, positive, and encouraging, and your students will thrive.



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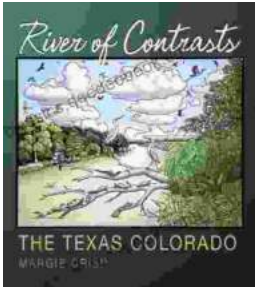
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