

Primary Ballet Scheme of Work

Overview		
<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
Primary Syllabus and free work Learn Dressing Up Dance	Primary Syllabus and free work Focus on one dance	Primary Syllabus and free work Focus on one dance
Primary Syllabus and free work Learn Bouncing Ball Dance		Primary Syllabus, Grade 1 Syllabus and free work
Watching Lesson	Watching Lesson	Class Award or Examination Watching Lesson

Primary Ballet Scheme of Work

Autumn	
Every Class	Warm up game Ballet Warm Up Free exercises - Skips, Jumps, Turns, Improvisation Dance Stretching Cool Down and Reverence
1 and 2	Legs and Feet Transfer of Weight Gallops and Skips
3 and 4	Arms and Head Jumps Run and Leap
5 and 6	Bend and run Marches Hops, Jumps and Spring
7 and 8	Legs and Feet Transfer of Weight Gallops and Skips
9 and 10	Arms and Head Jumps Run and Leap
11	Bend and run Marches Hops, Jumps and Spring
12	Watching lesson - All content or highlights
13	Christmas Lesson

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Spring	
Every Class	Warm up game Ballet Warm Up Free exercises - Skips, Jumps, Turns, Improvisation Dance Stretching Cool Down and Reverence
1 and 2	Legs and Feet Transfer of Weight Gallops and Skips
3 and 4	Arms and Head Jumps Run and Leap
5 and 6	Bend and run Marches Hops, Jumps and Spring
7 and 8	Legs and Feet Transfer of Weight Springs Gallops and Skips
9	Arms and Head Jumps Run and Leap
10	Bend and run Marches Hops, Jumps and Spring
11	Watching lesson - All content or highlights

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Summer	
Every Class	Warm up game Ballet Warm Up Free exercises - Skips, Jumps, Turns, Improvisation Dance Stretching Cool Down and Reverence
1 - 6	All content
7 - 11	Grade 1 and free work Warm Up Transfer of Weight Sautes Dance
1	Watching lesson - Primary and Grade 1 Content