

Circle some of the things you needed to learn before you could do a sauté

First position

stretch feet

pirouettes

splits

tendu

Plié

posture

Circle some of the things you needed to learn before you could do a pirouette

posture

balancing

tendu

First position

spotting

relevé

passé/retiré

fourth position

sauté

splits

arabesque

What do you want to learn next?

My goal is to _____

What do you need to work on in order to achieve this? (these are your mini goals)

○—————○

○—————○

○—————○

○—————○

○—————○

○—————○

I may not be able to do it

YET

but if I keep working I can learn anything

Setting SMART Goals

What could you
achieve in the next
30 days



Choose ONE and
write it here

My goal: _____

I will achieve this by _____

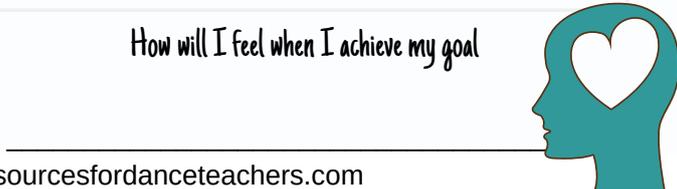
The date in 30 days

Things to do today

Things to do this week

Things to do this month

How will I feel when I achieve my goal



S Specific. Say exactly what you want, not just generally. eg a triple turn, not just be a better turner

M Measureable - you need to be able to tell how close you are to achieving your goal.

A Adjustable - you need to be able to adjust your goal if necessary

R Realistic - make sure you are aiming for something achievable

T Timed - set a deadline

MY GOAL SETTING WORKSHEET

Name: _____



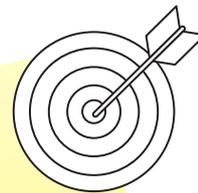
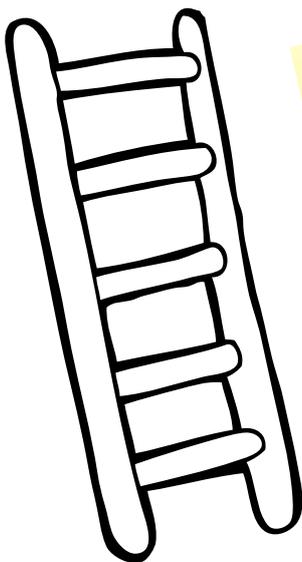
A goal I have already achieved _____

Some of the things I did to achieve this goal

Next I would like to _____

Three things I can do to achieve this goal:

This week I will



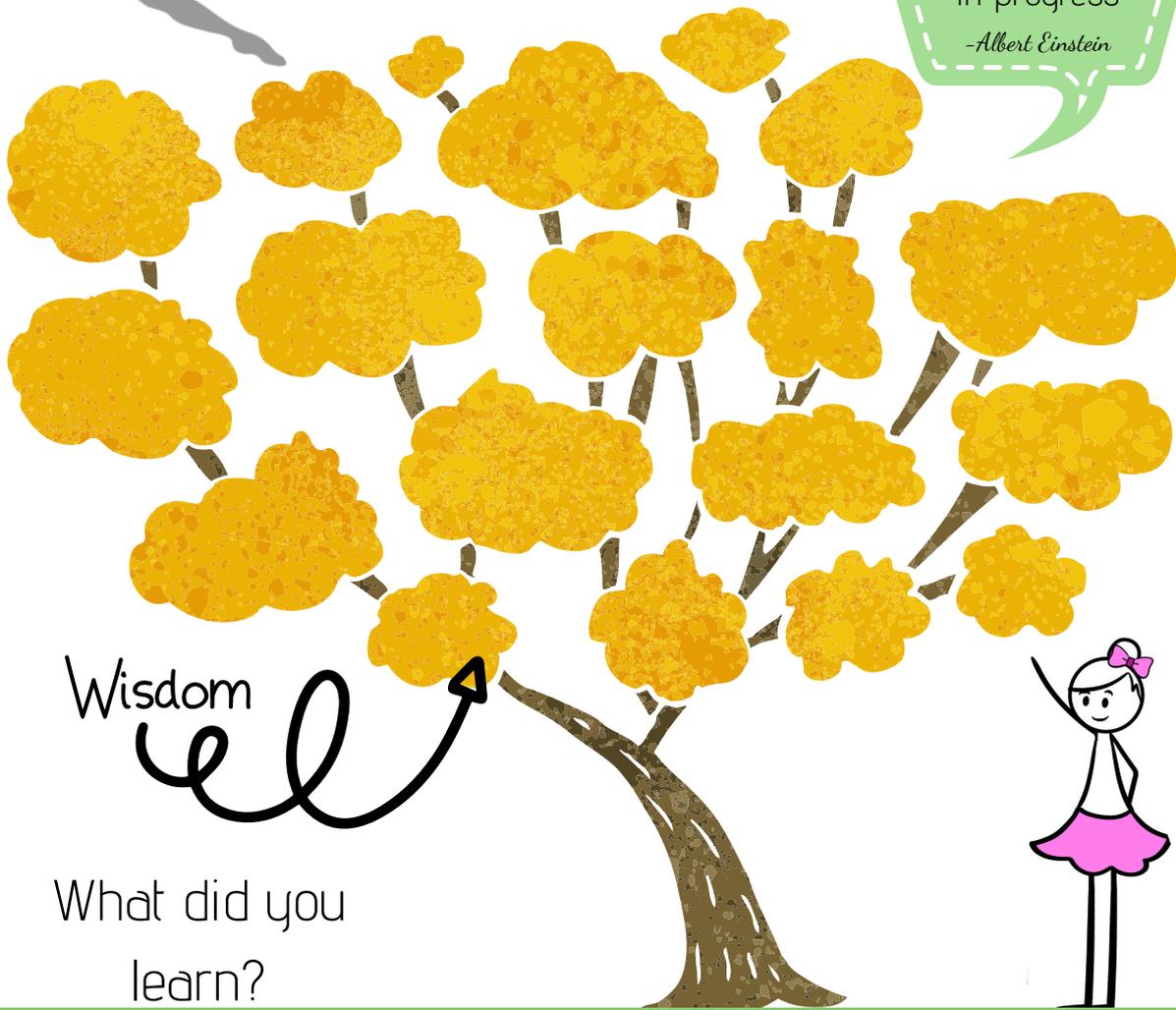
step by step, I can
achieve anything

Underneath the tree, write down some of the times you feel like you failed. Maybe you didn't get the results you wanted or you had trouble with a new skill. Then, on the leaves, write down some of the things you learned from those 'failures'. What do you think you should focus your time and energy on? The failures or the wisdom?



Failure is Success
in progress

-Albert Einstein



Wisdom

What did you
learn?

Failures



Ballet Theory

Choregraph 16 counts using each of the following positions and steps. You may also use other steps in your arrangement – extra points if you know the meaning of the French

MATCH THE FRENCH TERMS WITH THEIR ENGLISH MEANING

plié	round of the leg
tendu	strike
degagé	melt
ronds de jambe	small beats
frappé	develop
fondu	stretch
petits battements	disengage
grands battements	bend
développé	large beats

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5th position  

terms

écarté _____

glissade _____

changement _____

chassé _____

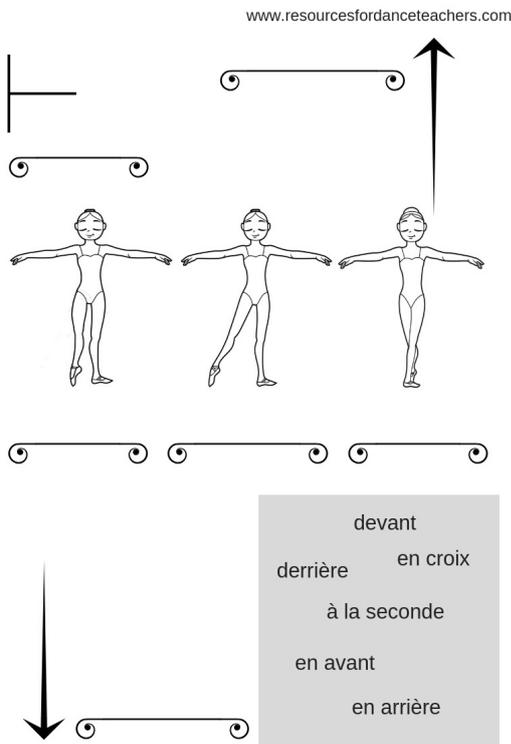
plié _____

relevé _____

tendu _____

Match the following positions and directions

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devant
derrière en croix
à la seconde
en avant
en arrière

Ballet quiz

- Name 2 brands of pointe shoes
1. _____
2. _____
- Name 2 professional ballet dancers from 2 different countries
1. _____
2. _____
- What does demi contretemps mean?

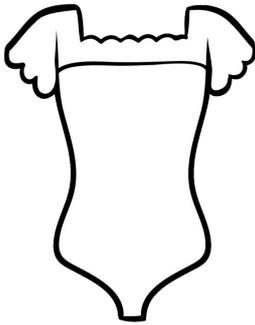
- Why do we do petits battements at the barre? What do they prepare us for in the centre?

- Which time signature do we normally use for a waltz/balancé _____

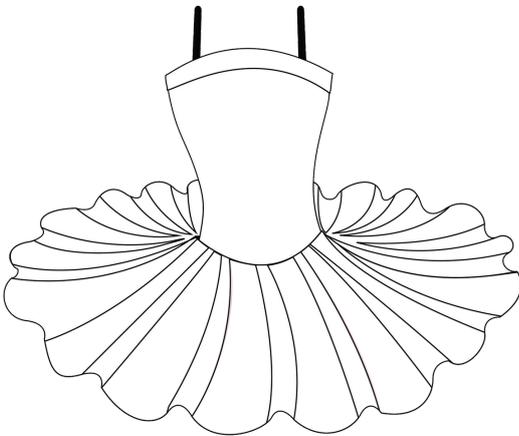
Color the pictures and write the words



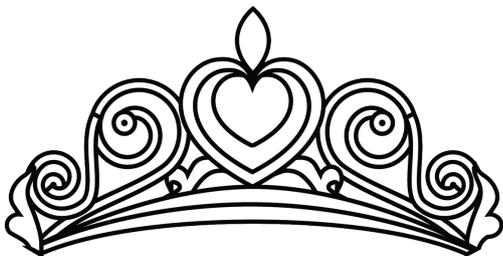
pointe
shoes



leotard



tutu



tiara

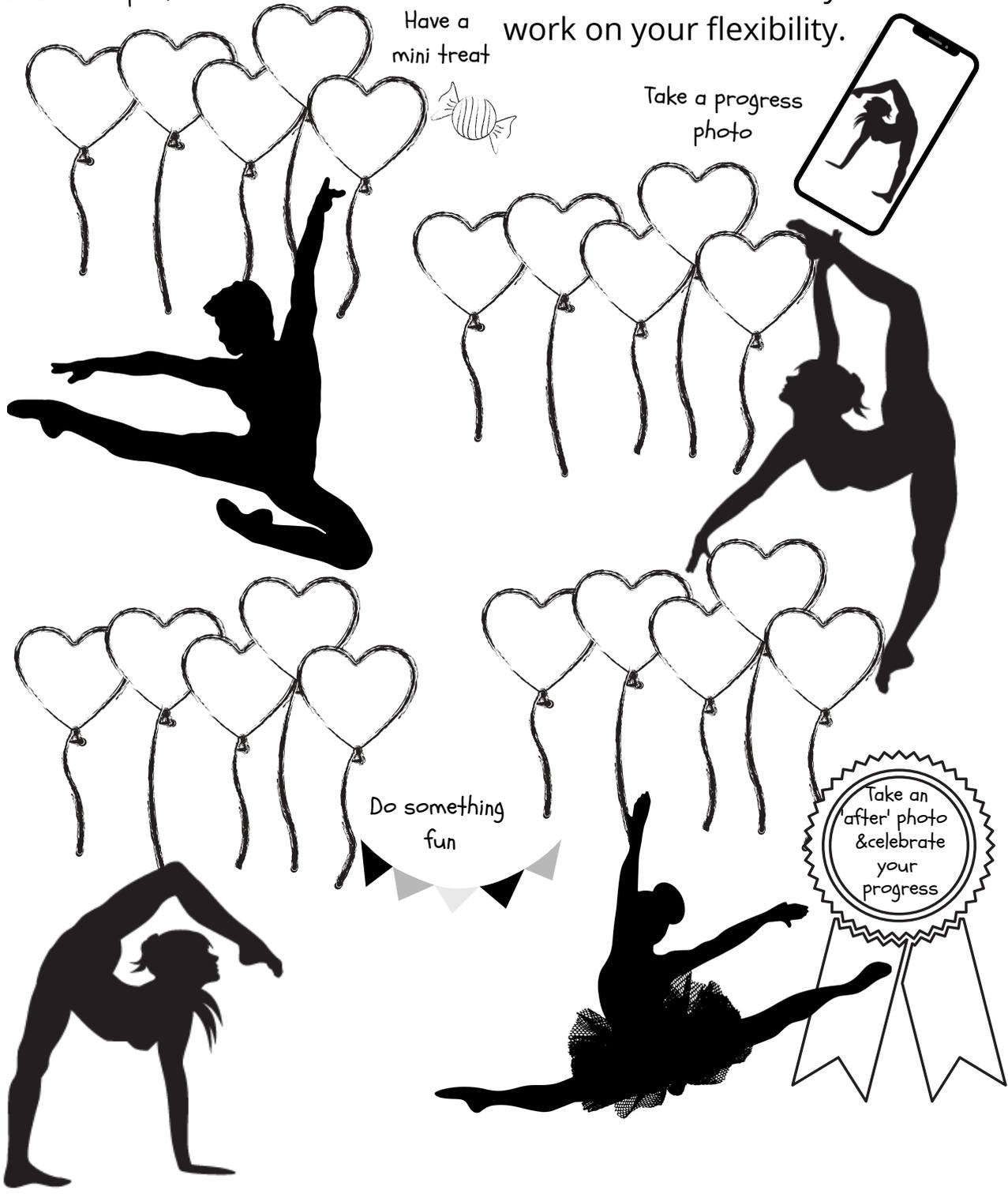
Stretch Tracker

Take a before photo

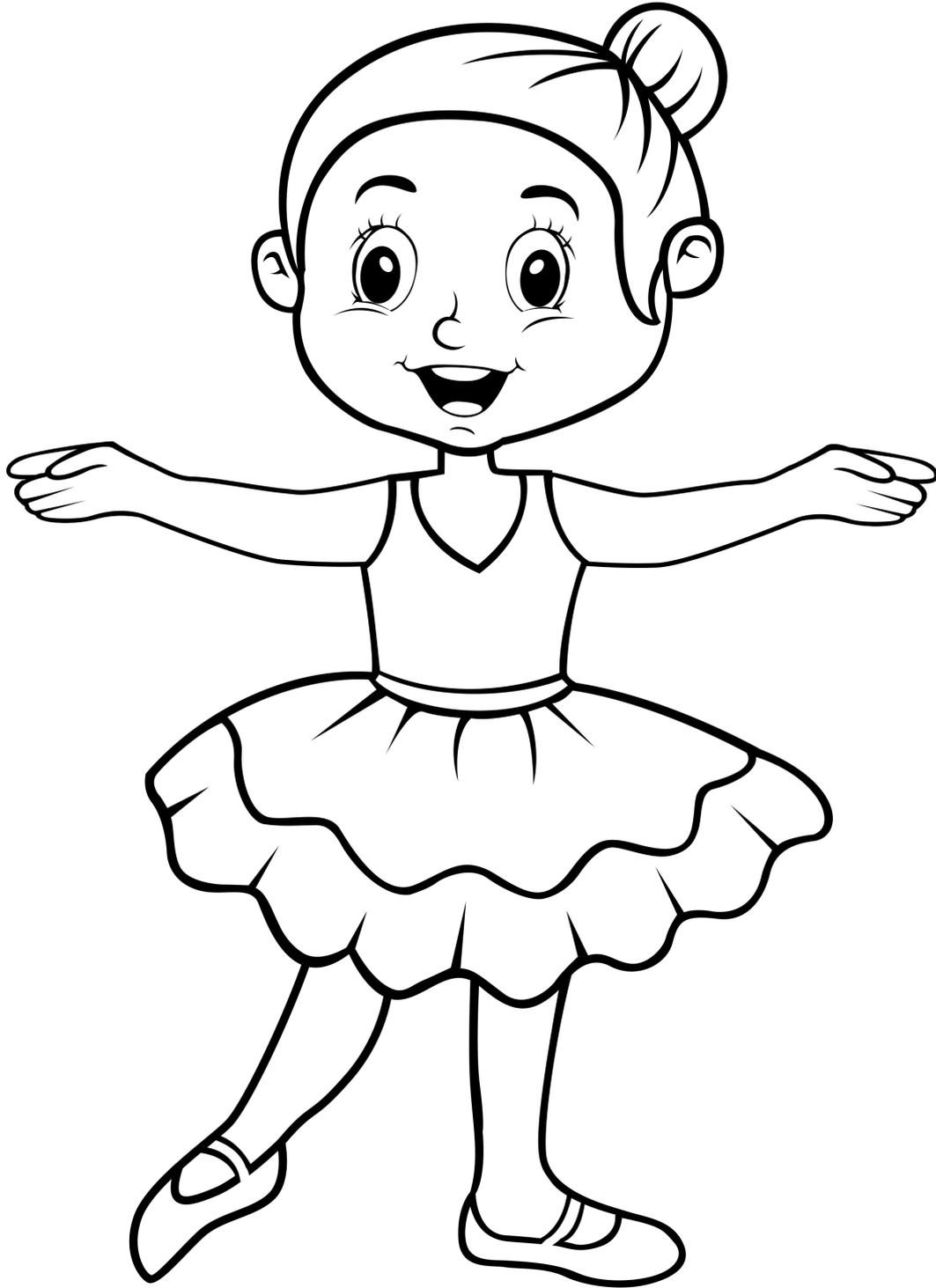
Color a heart each time you work on your flexibility.

Have a mini treat

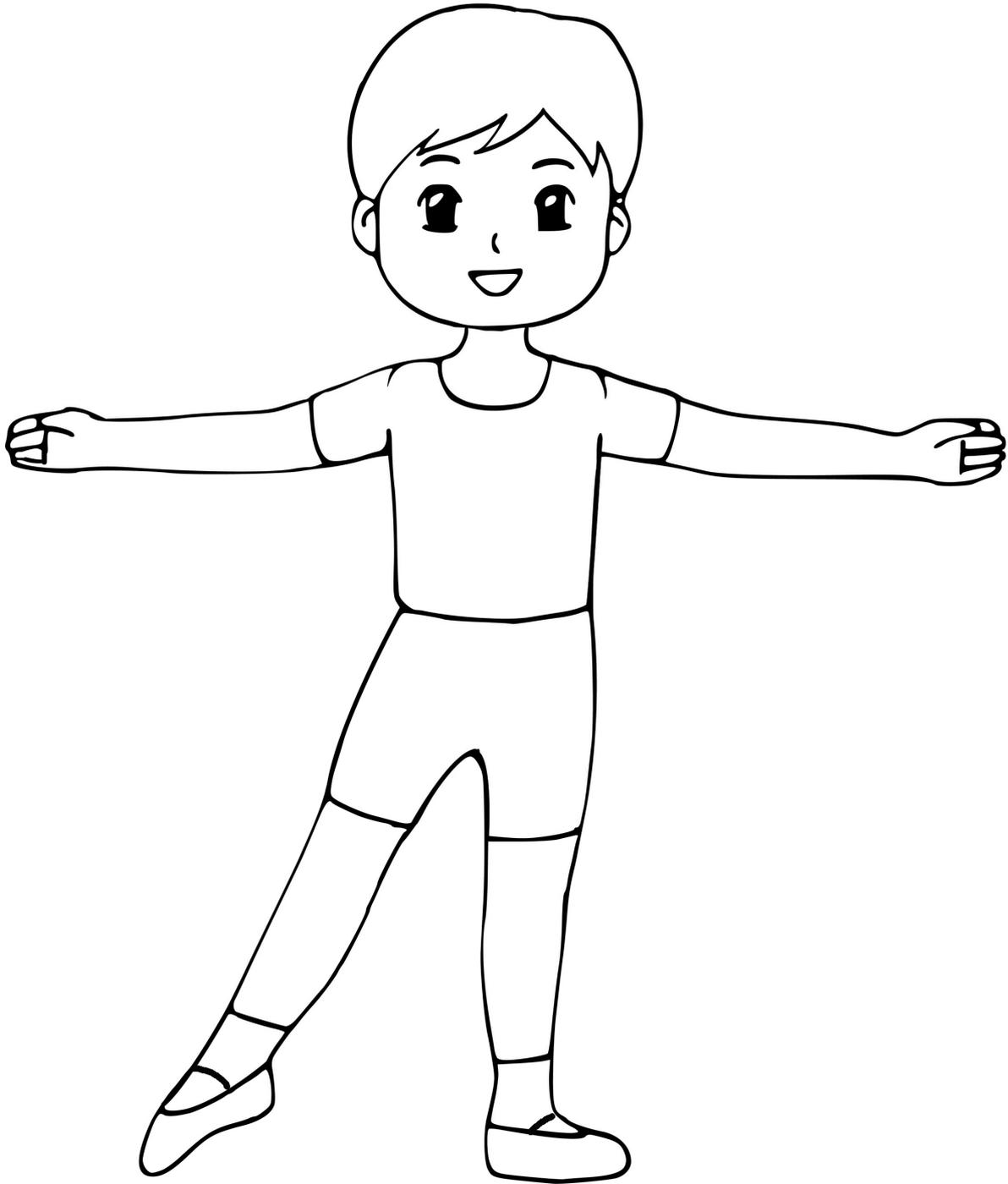
Take a progress photo



Tendu



Tendu





DANCE COMPETITION REFLECTION



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Name

Competition

Date

Thoughts I had.



While I was getting ready.

Backstage/onstage

After

How I felt

While I was getting ready.

Backstage/onstage

After

What went well?



What could you control?

What could have gone better?

What couldn't you control?

What did you learn?

What were the best things about today?

