Combination Class: 3-5 years old

Pre-Ballet Skills

• Ballet walk
• Demi-pointe walk
• Ballet run
• Hop
• Slow jumps and fast jumps
• Forward gallops
• Rocking
• Crawling
• Skipping
• Arm and head movements

Tap Skills

• Point together
• Heel together
• Side close
• Side gallops
• Jumps in place and forward
• Claps
• Marching
• Shuffle, step, changing feet
• Hand circles and hand waves
• Short run forward and stop with knees bent and hands on knees

Jazz Skills

All of the pre-ballet floor work except the ballet hand and arm exercises can be put in the “jazz” section of class.

Additional skills to include:

• Jumps out and in
• Heel drops
• Down, back, in, jump up
• Step dig
• Cute poses
• Hand and arm styling
• Short song and dance routines for the recital

Gymnastic or Acrobatic Skills

Be very gentle, as the joints are not stable, and damage to growth plates is possible, especially with stretching movements such as splits and backbends.

On the mat:

• Rolls forward, backward and sideways
• Supported handstands (teacher holds feet, and supports child with a hand under one shoulder)
• Baby cartwheels
• Various animal walks
• Some of the pre-ballet floor work

A flexibility item to include: straddle sit, touching hands or head to knees alternately, and reaching arms to ceiling between.

Baton Skills

Small muscle development is not complete, so teach the things that do not require true twirling, or an intricate use of hand and wrist action. Learn the basic passes, positions, marching, turning neat corners, marching in place, turning in place, etc.

March or use arms and batons. Do not have them do both at the same time. Their developmental level is not ready for this until about age 8.

Teach a natural marching movement. Save special styling for later. Natural marches improve coordination, muscle use and posture.

While marching, the arms need to swing naturally, with no forcing of using the “correct” arm. (Right arm forward when left foot is lifted, etc.) Either arm should be allowed for children under seven.

Placing hands on hips while marching avoids the untidy look of their natural arm swinging, and you may prefer this for performances.

Have them stand still for the positioning and passing of batons. One twirl most young ones can learn is the flat or horizontal twirl.