



ROYAL BALLET SCHOOL

PRIMARY STEPS ON DEMAND Courses and lessons

EXPLORING THE CURRICULUM

Exploring the Curriculum is a series of creative ballet classes which provide experiential learning in specific curriculum areas. Each class offers a complete learning experience for pupils. The accompanying lesson plan and pupil's resource are designed to facilitate more in-depth study if teachers wish to explore the class further with their pupils.

DISCOVERY BLASTS AND INSPIRATION BURSTS

Discovery Blasts and Inspiration Bursts can be used by themselves to inject movement into the school day. Alternatively, teachers can build a whole class by combining a number of these short videos together. These videos also complement the Exploring the Curriculum and Exploring Ballet classes and can be used to develop pupils' understanding of specific movements and ideas that are used in ballet.

EXPLORING BALLET

Exploring Ballet is a series of six classes designed to develop ballet knowledge and dance skills in a systematic way. During the sessions, pupils will be introduced to concepts essential to building the foundations of ballet technique. As well as building movement skills, pupils will also develop appreciation for music, artistry (presentation skills) and the ability to work cooperatively with other members of their class.

LESSONS

7 TO 9 YEAR OLDS

Art
Geometry
Light and shadow
Rocks
The water cycle
Ancient Egypt

9 TO 11 YEAR OLDS

Around the world
Light and shadow
Louis XIV - The Sun King
Moving on up! (Transition to secondary school)
The Universe
The Heart

LESSONS

ALL AGES*

Cardio blasts	Révérence
Cool down	Sauté (to jump)
Elançé (to dart)	Stretch and breathe
Exploring opposing dynamics	Tendu (to stretch)
Glissé (to glide)	Tourné (to turn)
Plié (to bend)	Travelling actions of the body
Relevé (to rise)	Warm-up

* Separate lessons for age groups 7 to 9 and 9 to 11

LESSONS

ALL AGES*

Balance
Dynamics
Kinesphere
Spirals
The Corps de Ballet
Counterpull

* Separate lessons for age groups 7 to 9 and 9 to 11