**Text

Description automatically generatedZOOM LOCKDOWN 2**

**CHALLENGE CARD**

**PREPARATORY BALLET**

|  |  |
| --- | --- |
| Walk on Tipp Toes |  |
| Runs on Tipp Toes |  |
| Pony Claps -&1&2&3&4&5&6&7&8 |  |
| Pony Gallops – stretched feet holding pony reigns |  |
| Pointe & Close - turned out without plie |  |
| Pointe & Close – turned out with plie |  |
| Dancing Arms Sequence |  |
| Saute – Jumps in 1st |  |
| Skips – stretched feet & arms |  |
| Sways – stretched feet |  |
| Gallops – stretched feet & legs |  |
| Curtsey |  |

**Teachers will advice when these can be ticked off**

**A completed Challenge Card will be rewarded with a medal😊**