**Text

Description automatically generatedZOOM LOCKDOWN 2**

**CHALLENGE CARD**

**GRADE 1 BALLET**

|  |  |
| --- | --- |
| Instep Stretches – working through the feet |  |
| Sways and Gallop with arms |  |
| Plie in 3rd |  |
| Rise in 3rd |  |
| Grand Plie in 2nd |  |
| Retire (to draw) – petit (small) & grand (big) |  |
| Glisse to 2nd |  |
| Degage devant & derriere with & without plie |  |
| Grand Battement devant – (big beat in front) |  |
| Grand Battement derriere – (big beat behind) |  |
| All arm positions – 1st, 2nd, 3rd, 4th, 5th |  |
| Echappe saute to 2nd – to escape, jump feet apart |  |
| Sautes in 1st & 3rd – to jump |  |
| Changements – Jumps with change of feet |  |
| Glissade – devant (infront) & derriere (behind) to glide |  |
| 2 Skips backwards with two spring points |  |
| Pose Temp Leve in Attitude devant – step hop with bent leg |  |
| Step close on a rise in 3rd, step hop – straight leg |  |
| Walks with stretched feet |  |

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

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