

JOIN US FOR A

THUMBELINA

BALLET CLASS



Once Upon a
Ballet[™]

Dance Activities

AGES 1.5 TO 3, WITH A CAREGIVER / AGES 3 to 5 / AGES 5 TO 7

Circle Stretch

For complete activity details, please refer to the [OUB Fairy Tale Curriculum's Teacher Guide](#).

Centre Barre

Music: The Flower Garden Part II

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Plié	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.	Pliés in 1st and 2nd.
Rise and Twirl	Twirls in parallel.	Rise and turn in parallel.	Rise and turn in 1st.
Tendu		Tendus front in parallel.	Tendus front and side, closing in 1st.
Piqué			Piqués front and side, closing in 1st.
Passé	Slow marches.	Parallel passés, balancing for 2 counts with each.	Parallel passés, balancing for 4 counts with each.
Sway	Sways side to side in parallel.	Sways and sways with chassés in parallel.	Sways side to side through second position, turned out. Sways front to back through fourth position, turned out.
3rd Arabesque			Step into tendu derrière, arms in 3rd arabesque. Float the arms down then back up to 3rd arabesque.

Traveling A

Music: The Frog Hunters/Gator Down AND/OR River's Edge

Thumbelina's Journey. Let's journey along with Thumbelina! First, she is kidnapped by a toad! A fish and butterfly help her escape on a lily pad. She then meets a beetle and later a field mouse. Finally, she meets a flower fairy prince!			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Butterflies	Runs with flying arms, from low V to high V	Runs with flying arms, from low V to high V	Runs en demi pointe with flying arms, from low V to high V
Toads	Frog jumps	Frog jumps	Frog jumps
Mice	Little runs	Little Runs	Little Runs
Beetles	Crawls through a tunnel	Crawls through a tunnel	Bear walks
Lily Pads	Steps across spot markers	Hops across spot markeres	Hopscotch across spot markers
Flower Fairy	Runs	Picked up runs	Skips
Animal Choice	Allow students to move as their animal of choice, freely around the room for about a minute. Then have students find a "tree stump" (floor marker mat) to stand on, ready for Centre Allegro.		

Traveling B

Music: Music: Ratcliffe's Plan AND/OR Picking Corn

<p>Flower Fairy Travels</p> <p>For the toddler age group, you can have students travel freely around the room rather than in a circle.</p> <p>For older students: Use the movement cards from this theme. Students begin in a large circle around the room. Place the movement cards face down in the center of the room. During silence, call one studnet to pick a card. You'll play music as your students do the movement on the card in a circle. When you pause the music, students will stop. Call another student. Continue until all cards have been chosen.</p> <p>You can end this traveling activity with about a minute of free dancing as flower fairies before landing on their spot markers for centre allegro.</p>
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Centre Allegro

Music: Love Me Like You Do

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Sautés	Parallel Sautés	Parallel Sautés	Sautés in 1st Position (Turned Out)
Échappés		Parallel Échappés	Échappés in 1st and 2nd Position (Turned Out)
Hops on Two Feet		Directional Hops (Parallel)	Hops with Quarter or Half Turns (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)	Hops on One Foot (Parallel)
Picked Up Jumps (Hop on two feet, bending your knees and kicking your feet up behind you—like in picked up runs.)			Picked Up Jumps
Spring Points / Spring Heels			Spring Points/ Spring Heels
Fireworks Jumps (Crouch down low, then jump out in a star shape—like fireworks!)	Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

Free Dance A

Music: Colors of the Wind

Thumbelina and the Prince. Thumbelina meets a flower fairy prince who is just her size! When they get married, she gets fairy wings. How excited would you be to get fairy wings? Allow students to dance as if they have just received their very own fairy wings. Optional: allow students to wear fairy wings.

Free Dance B

Music: Pocahontas

Size: Big vs. Small. Did you know Thumbelina is so small she could sleep in a walnut shell? Can you think of things that are small that we can dance as? How about things that are much bigger? Suggestions for movements include the following.

Small: Toads, bluebirds, mice, butterflies
 Big: Bears, horses

Obstacle Course

No music needed for this activity.

Lily Pad Obstacle Course. Use spot marker mats as lily pads.			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Lily Pad Zig Zag	Tip toe around lily pads in a zig zag pattern.		
Lily Pad to Lily Pad	Leap (or step, for toddlers) from one lily pad to the next.		
Over the Lily Pad	Leap (or step, for toddlers) over a lily pad.		
Lily Pad Hop	Hop (or hopscotch for ages 5+) across a row of lily pads.		
Lily Petal Toss	Gather petal props (fake petals) and toss them up high into the air, jumping as high as you can.		

Skillwork A

No music needed for this activity.

Footwork

Today, we're going to pay extra attention to our feet! Have students sit tall with their legs stretched in front of them and feet pointed. Their legs should be together. (This will not allow students to sickle!)

Begin with the toes pointed. Go through demi pointe, and flex, and demi pointe, and point. 8x

Next, turn out the leg with the feet pointed. Students can think about their pinky toes reaching down to the floor to keep from sickling and build flexibility in the ankle.

Begin with the toes pointed. Go through demi pointe, and flex, and demi pointe, and point in the turned out position. 8x

Let students relax their legs, shake them out, and hamstring stretch forward to finish.

Skillwork B

No music needed for this activity.

Leaning in the Wind

This exercise is for strength in the abs and back. Have students sit in a straddle position with their arms in 5th position. At first, they should sit tall with correct ballet posture. Their knees should be pointing to the ceiling. Legs should be straight and feet pointed.

It's a very windy day! The wind blows our upper bodies to the right. Students bend about halfway to the right, trying to keep their backs straight. (This is like a flat-back/side-bend. The body is still facing front. Students should not be facing their legs.) Hold for several seconds then come up to center. Now the wind is blowing the other way! Repeat to the left. Repeat to the right and left again.

Next, twist the upper body to face the right leg. Lean slightly over (at about a 45 degree angle) with a flat back. Hold for several seconds and come up to center. Twist to the left and repeat to the left. Repeat right and left again.

Finally, allow students to relax and stretch over each leg and to the center.

Goodbye or Révérence

For complete details on “Goodbye” (ages 1.5 to 5) or “Révérence” (ages 5 to 7), please refer to the [OUB Fairy Tale Curriculum’s Teacher Guide](#).

Recommended Music

Music in Spotify

<https://open.spotify.com/playlist/3ixAShyNmcY26p9cdhIrWn?si=e9e54e2dd1c64a92>

Student Certificates

When your students have completed this theme, hand out certificates for them to take home!

Editable, Printable Student Certificates

https://www.canva.com/design/DAFNGtS_Cr0/Oo53VXDupsbX8odeRIFWlw/view?utm_content=DAFNGtS_Cr0&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Lesson Plans

Ages 1.5 to 3

Circle Stretch

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course

Goodbye

Ages 3 to 5

Circle Stretch

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course

Goodbye

Ages 5 to 7

Circle Stretch

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Skillwork A (Weeks 1 + 3)

Skillwork B (Weeks 2 + 4)

Optional: Obstacle Course

Révérence

Coloring Pages + Movement Cards

The remaining pages contain coloring pages that can be given to students at the end of class and movement cards that can be used along with traveling exercises in class.

OUB™



PROUD WALKS

TODDLERS

OUB™



RUNS

TODDLERS

OUB™



SIDEWAYS WALKS

TODDLERS

OUB™



RUN AND STEP OVER AN OBJECT

TODDLERS

OUB™



PASSÉ WALKS

TODDLERS

OUB™



RUNS

TODDLERS

OUB™



MARCHES

TODDLERS

OUB™



SWAYS

TODDLERS

OUB™



PROUD WALKS

PRESCHOOL

OUB™



RUNS EN DEMI POINTE

PRESCHOOL

OUB™



SIDEWAYS GALOPS

PRESCHOOL

OUB™



RUN AND LEAP OVER AN OBJECT

PRESCHOOL

OUB™



PASSÉ WALKS

PRESCHOOL

OUB™



PICKED UP RUNS

PRESCHOOL

OUB™



MARCHES

PRESCHOOL

OUB™



SWAYS

PRESCHOOL

OUB™



STEP-BRUSH

EARLY ELEMENTARY

OUB™



RUNS EN DEMI POINTE

EARLY ELEMENTARY

OUB™



SIDEWAYS GALOPS

EARLY ELEMENTARY

OUB™



RUN AND LEAP

EARLY ELEMENTARY

OUB™



PASSÉ WALKS

EARLY ELEMENTARY

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SKIPS

EARLY ELEMENTARY

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MARCHES

EARLY ELEMENTARY

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SWAYS WITH CHASSÉS

EARLY ELEMENTARY

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Thumbelina



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