

Ballet Class Activities

Ballet 1A, 1B, 2, and 3

Video Playlist: [The Sleeping Beauty](#)

Ballet Class Music: [Sleeping Beauty Ballet Class Vol. 1](#) and [Sleeping Beauty Ballet Class Vol. 2](#) by Debbi Parks and Norman Higgins

Orchestral Music: [Tchaikovsky: The Sleeping Beauty](#)

The Fairies' Gifts

Choose a different fairy from each week. Watch a quick video clip of that fairy's variation. Then allow students to improvise to that fairy's variation music as that fairy. After they have danced, ask your students why they chose to dance as they did. What about the music or the fairy's gift to Princess Aurora made them choose to dance as they did? You can also ask your students about the gifts the fairies bestow. Do they think they are good gifts for a leader or ruler? Why? Are they the kinds of gifts they would think a baby would normally receive?

Fairies include:

- Candide (The Fairy of Tenderness or Kindness)
- Coulante (The Fairy of Generosity)
- Mietts qui Tombe (The Fairy of Serenity)
- Canary, or Song-Bird (The Fairy of Playfulness)
- Violante (The Fairy of Courage)
- The Lilac Fairy

The Rose

The Rose Adagio is one of the most famous dances in classical ballets. Princess Aurora dances with four suitors, so it's like a pas de deux while dancing with four different partners! Every dancer partners just a little differently, making this a very difficult dance for the ballerina dancing as Princess Aurora. It is called the Rose Adagio because it is a slow dance and each suitor gives Princess Aurora a rose.

During spotting and/or pirouette exercises, have your students imagine a rose has been placed in front of them to spot. They must spot the rose each time they turn!

Additional option for pirouettes, most likely Ballet 3: Sometimes students can be slow to bring in their second arm in a pirouette. Give each student a rose (or other flower) prop. They'll hold the flower in one hand and then bring their other hand to hold the flower too during the turn. This will help those who might be a little slow in closing their second arm.

You can use the concept in traveling turns as well: soutenu turns and piqué turns may be options for Ballet 2 and 3 students. You can even have your Level 1A and 1B students hold a flower and close their arms quickly while taking the flower in both hands as they piqué to sous-sus, since they are likely not turning yet.

The Wedding

In today's class, assign different characters from Princess Aurora's wedding to the different grand allegro and traveling steps. Have students pretend to dance as the assigned character for each step. Examples include:

- Puss in Boots and the White Cat - Pas de chat or preparation for pas de chat
- Princess Florine and the Bluebird - Runs on demi pointe or bourrées with arms floating from a low V to high V. Big leaps and grand jetés.
- Diamond Fairy - Quick piqués to sous-sus, sur le cou de pieds, or retiré; quick soutenu turns or piqué turns.
- Gold Fairy - Luscious port de bras or waltz steps.
- Silver Fairy - Beautiful petit allegro.
- Sapphire Fairy - Spritely and lively grand allegro.