

Ballet Class Activities

Ballet 1A, 1B, 2, and 3

Video Playlist: [Giselle](#)

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

Orchestral Music: [Giselle](#)

He Loves Me; He Loves Me Not

When Albrecht swears his eternal love for Giselle, she decides to test his truth with a daisy: he loves me; he loves me not! In today's port de bras, incorporate pretending to pick petals from a daisy and thinking, "He loves me.... He loves me not..." Students can make facial expressions according to what petal they are picking. Happy for "He loves me," and sad for "He loves me not."

Spotting Daisies

Have your students take their imaginary daisy from earlier in class: place it in an imaginary vase, water it, and place it in a window (all imaginary, of course!). When you work on spotting or spot in your pirouettes, try to let your daisy out of sight for as little time as possible!

Harvest Balancé

When the villagers return to the village with their harvest of grapes, Giselle invites them to dance to celebrate. Have your students do a preparation for balancé combination or a balancé combination in which they hold their arms in first position as if they are holding baskets filled with grapes from the harvest. And if it's harvest time, are they happy or sad villagers? (Probably happy!) Students should try to dance the combination in a happy way.

Mashing Grapes

Giselle is named queen of the harvest festival! Have your students celebrate by pretending to mash grapes—in centre allegro, of course!

Myrtha's Allegro

Do your students know what character from the ballet is known for her jumps? Myrtha! Myrtha is the queen of the Willis. Willis are girls who have died of broken hearts. They only come out at night. If a man crosses their path, they will command him to dance to his death. Have your students pretend they are Myrtha as they dance their petit allegro combinations today.

The Willis

Next, your students get to dance as Willis. The Willis are the "corps de ballet" in Act II of Giselle. A corps de ballet dances as one group, even though they are more than one dancer. Not only do they have to do the same dance steps; they also have to stay in lines together!

In your students' preparation for soutenu turns or piqué combinations traveling straight across the room, have them try to stay in straight lines.

Do the same in petit allegro—work on preparation for pas de chat or on pas de chat, staying in lines from front to back and side to side!

A Broken Heart

When Giselle found out Albrecht was engaged to another, she went mad (crazy) and died of a broken heart. She had trusted him and loved him. The Willis gather at Giselle's grave to initiate her as one of them. They find Albrecht there, placing flowers on her grave. He is commanded to dance to his death, but Giselle dances with him to protect him until dawn. Optional discussion question: Why do you think Giselle saved Albrecht's life? Think about this during grand allegro today.