

## Ballet Class Activities

### Ballet 1A, 1B, 2, and 3

Video Playlist: [The Nutcracker](#)

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

Orchestral Music: [Tchaikovsky: The Nutcracker](#)

### Christmas Tree Angel Port de Bras

When Clara and the prince enter the Land of Sweets in Act II, they are greeted and welcomed by Christmas tree angels. Have your students do arm positions and port de bras as gracefully as an angel. They should stand tall with correct ballet posture too!

### Divertissements

Throughout today's centerwork, have students imagine they are dancing and moving like the different divertissements:

- Grand Battement (Ballet 3): Let's pretend we are Spanish dancers! Our grands battements will be as smooth as chocolate, but with strength and just a little bit of flare as we close.
- Adage (Ballet 2 and 3): Now we'll move slowly and gracefully like Arabian dancers.
- Spotting Practice and Pirouettes: For spotting practice and pirouettes, we'll dance as marzipan, mirlitons, or reed flutes (whichever version you use in your Nutcracker production).
- Petit Allegro: Let's jump quick and light like Chinese dancers.
- Grand Allegro: Russian dancers are known for being able to do magnificent leaps. Can you dance like Russian dancers in grand allegro?

### Twirling Sugar Plums

For preparation for soutenu turns, piqués, and traveling turns, have your students dance as the Sugar Plum Fairy doing turns in her variation. In Ballet 3, you can also have students practice traveling in a large circle around the room, if they are ready.

### Candied Flower Waltz

Work on the waltz step with your students. Have them pretend they are beautiful candied flowers. You can have them practice their waltz step in a straight path across the room, or in a large circle. You can allow them to travel freely around the room. Just make sure no one runs into anyone else!

### Fairies, Flowers, and Flutes

We often think of "Free Dance" as something done in creative dance or pre-ballet classes, but it can be beneficial in many ways for older students too! It helps to develop creativity, the ability to choreograph, movement quality, and even performance ability. Give your students flower props to dance as the Dew Drop Fairy, wands to dance as the Sugar Plum Fairy, or ribbon streamers (I've had older students love using the long rhythmic gymnastics ones) as mirlitons/marzipan/reed flutes. If you choose to use the long ribbon streamers, have your students dance in smaller groups.