

## Ballet Class Activities

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

Video Playlist: [La Sylphide](#)

Orchestral Music: [La Sylphide](#)

#### **A Sylph's Kiss Port de Bras**

As the ballet opens, a sylph appears to a Scotsman named James Ruben. She is captivatingly beautiful. She kisses him and then disappears.

We can use the image of a sylph as we talk about posture and port de bras in ballet. Have students stand with correct ballet posture as a sylph. Have them move through the different arm positions as a sylph. They should move smoothly and delicately like a fairy or spirit might. Go through head positions as well.

For older students who may be executing the side bend and twist exercise from Lesson 2, pretend their arms are the sylph wings as they place their hands on their shoulders. Have them imagine they are sylphs as they bend and twist.

#### **Scottish Gathering**

James is engaged to marry Effie. There is a celebration in the Scottish farmhouse before their marriage. During today's petit allegro, have students imagine they are dancing in a Scottish celebration to celebrate a wedding. You can have your students dance to the [reel track](#) from the ballet music or any Scottish music to get in the spirit.

#### **A Spinning Sylph**

Deep in the forest, James is lead by his sylph. She and her sisters dance for him. Today, we'll work on spotting and/or pirouettes (depending on the students' level) as sylphs. When you work on spotting or pirouettes in your classes today, have your students hold their hands on their shoulders with their elbows to the side—as sylphs! In our port de bras, we may have imagined sylphs as moving in a fluid and ephemeral way. Now, we are going to move as spritely sylphs as we practice spotting and turning.

Note: Having your students try turning with their hands on their shoulders can help them to keep their shoulders more square and to not wind up or twist when turning. It can also help to build strength in the upper backs!

#### **A Witch's Scarf**

As James and his sylph flee to the forest, the witch, Madge, casts a spell on a scarf. She later gives the scarf to James and tells him if he wraps the scarf around his sylph, she will not be able to fly away from him. Little does he know, when he wraps the scarf around his sylph, her wings will fall off and she will die.

For younger levels, students can do a spring points combination in a large circle, facing the center of the room. Pretend there is a cauldron at the center of the room. As they do their spring points, they are witches casting a spell on the scarf in the cauldron. You can have all of your students do the combination together, or divide them into groups. Every other student goes, then the remaining students go. One half of the room goes, then the other half. Etc.

You can also apply this to your grand allegro activity. Give each student a scarf to hold as they do the grand allegro combination in a circle as witches.