



BALLET CLASS

Recipe Booklet

Mix & Match Your Own
Magical Dance Class



Sprinkle mix and bake up your very own magical, music and movement lesson plan with our step by step recipe booklet printable! Pull activities from our other full lesson plans to mix and match, or fill in the blanks with your own favorite movement and ballet activities. This booklet follows the structure used in our other full and concrete lesson plans available on our website.

Ballet vocabulary is included with explanation so you can begin teaching in your home or school with no dance experience needed.

Great for dance teachers needed help getting their thoughts together or homeschool parents looking for a fun way to incorporate movement into the school day.



The
Cadouxde
Dance Studio


**A Creative Lesson Planning Template
for Early Childhood Dance Classes (Ages 3-5)**
to be used in your studio, school or home


Ballet Class Recipe Booklet
Mix & Match Your Own Magical Dance Class

Theme: _____

Age Group: _____

Class Length: _____



1. THEME

What is today's class theme?

Examples (optional prompt line for teachers):

- ♥ fairies
- ♥ animals
- ♥ seasons
- ♥ storybook world
- ♥ ocean
- ♥ ballet story (swan lake, Cinderella etc.)

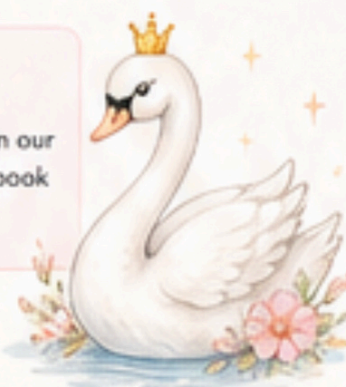


2. STORY (1-3 MINUTES)

Class opening story or imagination prompt:

Prompt idea:

Where are we today? What is happening in our magical world? Maybe even use a story book or pictures to show the days' theme



4

3. SEATED WARM-UP

Choose seated movement ideas:

- Upper body stretches: _____
- Finger/hand coordination (sparkles, waves, etc.): _____
- Breathing with arms: _____
- Other: _____

Notes / imagery used:

5

4. SEATED STRETCHES

Choose flexibility work:

- Butterfly stretch: _____
- Straddle stretch: _____
- Forward fold: _____
- Side stretch: _____
- Point & flex feet: _____
- Other: _____



5. STANDING WARM-UPS

Choose standing preparation:

- Marching / locomotor prep _____
- Gentle pliés (bend and stretch knees) _____
- Arm positions (1st, 2nd, etc.)
(Arms round in front and open to the sides) _____
- Traveling steps in place
(hops, marches, tiptoes, kicks) _____
- Other: _____



6. BALANCE ACTIVITY

Balance focus for today:

- Passé balance (stand with toe to knee) _____
- Arabesque shape (stand on one foot with one leg extended behind) _____
- Other: _____

How will it be framed?



8

7. CENTER CHOREOGRAPHY

Simple movement sequence idea:

Optional prompts:

- ♥ What 3-5 steps are included?
- ♥ Is there music or counting?
- ♥ Is there a story connection?





8. ACROSS THE FLOOR



Traveling steps used:

- Skips
- Gallops
- Tiptoe walks (demi Pointe)
- Running with control
- Other: _____

Focus (quality or goal):



CREATIVE DANCE

Encourage imagination, expression, and musicality through creative movement.

Creative dance idea/theme:

Movement inspiration:

- Nature (flowers, butterflies, rain, ocean, trees)
- Animals (swans, birds, bunnies, horses)
- Feelings (happy, sleepy, excited, peaceful)
- Story (fairy tale, adventure, magical land)
- Other: _____



Movement prompts to try:

- ♥ Pretend to be _____
- ♥ Move like _____
- ♥ Show how _____
- ♥ Use your _____
to move around the room.
- ♥ Make your own movement! _____



Notes / ideas:



TAKING TURNS

Turn-taking helps build confidence, focus, listening skills, and classroom community.

Turn-taking activity idea:

Pick a skill, movement, or step for each child to try one at a time:

- ♥ Balance (e.g., passé, arabesque, tiptoe)
- ♥ Jump (e.g., star jump, echappé, bunny hop)
- ♥ Spin (e.g., twirl in place)
- ♥ Travel (e.g., skip, gallop, glide)
- ♥ Show us your best _____
- ♥ Other: _____



How it will work:

- One dancer at a time
- Teacher chooses
- Students take turns choosing
- Random order (e.g., name draw)
- Other: _____



Notes / ideas:

12. CURTSY / BOWS

Closing ritual:

- Curtsy
- Bow
- Thank you circle
- Gentle stretch goodbye
- Give yourselves a big hand for a great job at dance class!



13. TEACHER NOTES

Closing words or phrase:

What worked well today?

What would I adjust next time?

Mix, match, and create your own magical ballet classes using this flexible recipe system.

