

## Creative Movement and Early Childhood

**Free dance** is the essential element of Creative Movement and carries into Pre-Ballet as well. Children will be able to participate WITH Ms. London and Ms. Tomisha via You Tube if parents have a resource for good amplification of the music. PRACTICE SAFETY – DANCE BAREFOOT!

Not enough sound? Create a drum at home by [turning a bucket upside](#) down and creating a [drumstick with household items!](#)

Please see downloadable materials for kids in the ABT links included in the lesson plan above.

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## Barre and Avoiding Injury

**Barre** is the most essential element of class, and cannot be skipped. A proper Ballet Barre is safe to perform in a home environment and is how dancers all over the world are staying in shape during this crisis. Parents: Imagine writing a paragraph with misspellings and grammatical errors. This is similar to attempting to dance and perform choreography without a daily barre! All good habits are learned and practiced at the barre. All poor habits can be broken at the barre. Please listen carefully to the teachers' instructions and corrections when participating in New Ballet you Tube classes.

*\*\*\*A word about commercial "Barre Class" online – This is NOT recommended for serious students of dance, and should be considered only as a recreational activity for Adults.\*\*\**

- It is always important to **warm up** with cardiovascular exercises, walking, biking , etc. . . **BEFORE STRETCHING**. Again – *students should not stretch before barre unless they have participated in cardiovascular activity prior.*
  - If you have been sitting all day doing school work and want to dance without warming up, **take the barre in sequential order** . . . and keep moving uninterrupted! *You will be ready to stretch by the end of barre.*
  - Do only the exercises assigned or other specific exercises given by your teacher over this year. Too many repetitions can cause injury.
    - Performing Pre-Pointe Relevés? – Stretch the calves carefully afterward, remaining in parallel and **holding** each stretch for at least 20 seconds. AVOID BOUNCING.
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## Environmental Safety – Get your materials ready!

- **Create a safe environment for dancing at home.** If the floor is slippery or waxed, take barre in bare feet or dampen your ballet slippers slightly on the bottoms to create more traction.
- Create your personal space away from siblings, appliances, pets and any cords or wires that might case you to trip.
- AVOID JUMPING ON CONCRETE!
- **POINTE WORK:** No Pointe work should be practiced in the house by dancers in Level 5 or Ballet 6 Year One unless **following Ms. Chloé's direction to the exact specification**. Parents, please supervise! Let's avoid injuries an potential Doctor visits during this time!
- If in Levels Six Year Two or Seven, you may practice at the makeshift barre in your house repeating parallel relevé for strength, turned out relevé and relevé on one leg. LIFT UP out of your shoes and find a wood surace if at all possible. DO NOT OVERWORK and remember to stretch.
- What can I use as a barre at home?
- Parents, please supervise! Again: Let's avoid injuries an potential Doctor visits during this time!
  - [How to create a ballet barre at home \(For handy folks\)](#)

- Make sure that you are in an uncluttered environment and are paying attention to the following:
  - Do not jump or practice pointe work on concrete.
  - Check the area for wires or cords- there should be none!
  - Create your own space away from siblings, pets and people traffic!
  - Obviously, if holding onto an oven handle, check that the oven is OFF!
  - Other "barre" substitutes can include the back of a sofa or chair or a kitchen counter.

Above all – Our message is to stick to your curriculum, warm up and be safe! And, as always, cross train for cardiovascular stamina by walking, biking, using stepping. If you must run, practice safety:

- Wear great shoes, avoid rough terrain (cross country) and seek out a padded track at a local park or high school.