

Dance Studio Shutdown Resource Kit



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To help you get through this challenging time, please enjoy this selection of Resources for Dance Teachers worksheets. The sheets I have selected represent the topics, themes and exercises that have made the **most** difference to my teaching and I have tried to include a range of different sheets so that there is something for everyone.

The full range of Resource kits designed especially for dance teachers is available in our store

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Below you will find a range of Resources designed to help you get the very **best** out of your dancers. Discover the Ballet Blueprint series, currently used worldwide to deliver quality Ballet Programs for Preschool through to 7 years. This is a program that actually prepares your students for formal ballet training, in turn giving your students an incredible advantage once they start their school aged classes.

Access the latest research into Performance Psychology with the Growth Mindset and Success Mindset resource kits. Using these kits I have successfully banished the word 'can't' from my studio. My students are engaged, hungry to learn and goal focussed. They are willing to push past their comfort zone and are building an unstoppable team.

Also available is the full range of Ballet Activities including, delightful coloring sheets, ballet theory packs and camp activity packs.

Dr Cree Oliver
(BA (Hons) PhD, LCBA-CICB Cecchetti Ballet)

Circle some of the things you needed to learn before you could do a sauté

First position stretch feet pirouettes
splits tendu Plié posture

Circle some of the things you needed to learn before you could do a pirouette

posture balancing tendu First position
spotting relevé passé/retiré fourth position
sauté splits arabesque

What do you want to learn next?

My goal is to _____

What do you need to work on in order to achieve this? (these are your mini goals)

<input type="radio"/> _____ <input type="radio"/>	<input type="radio"/> _____ <input type="radio"/>
<input type="radio"/> _____ <input type="radio"/>	<input type="radio"/> _____ <input type="radio"/>
<input type="radio"/> _____ <input type="radio"/>	<input type="radio"/> _____ <input type="radio"/>

I may not be able to do it

YET

but if I keep working I can learn anything

Setting SMART Goals

What could you
achieve in the next
30 days



Choose ONE and
write it here

My goal: _____

I will achieve this by _____

The date in 30 days

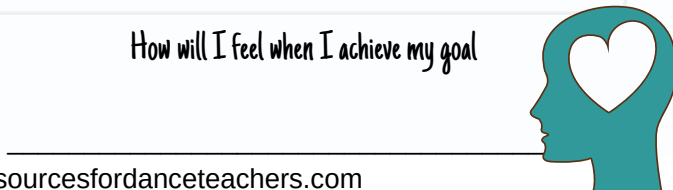


Things to do today

Things to do this week

Things to do this month

How will I feel when I achieve my goal



S Specific. Say exactly what you want, not just generally. eg a triple turn, not just be a better turner

M Measureable - you need to be able to tell how close you are to achieving your goal.

A Adjustable - you need to be able to adjust your goal if necessary

R Realistic - make sure you are aiming for something achievable

T Timed - set a deadline

MY GOAL SETTING WORKSHEET

Name: _____



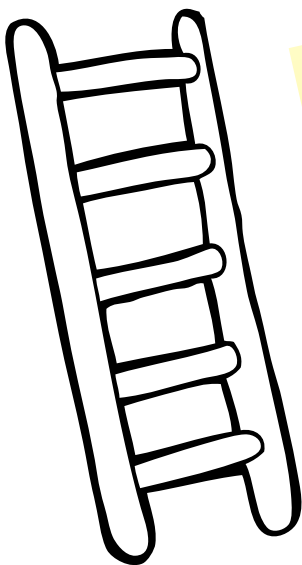
A goal I have already achieved _____

Some of the things I did to achieve this goal

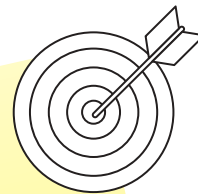
Next I would like to _____

Three things I can do to achieve this goal:

This week I will



step by step, I can
achieve anything



Underneath the tree, write down some of the times you feel like you failed. Maybe you didn't get the results you wanted or you had trouble with a new skill. Then, on the leaves, write down some of the things you learned from those 'failures'. What do you think you should focus your time and energy on? The failures or the wisdom?

Failure is Success
in progress

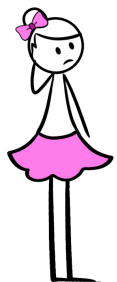
-Albert Einstein



Wisdom

What did you
learn?

Failures



Ballet Theory




Choregraph 16 counts using each of the following positions and steps. You may also use other steps in your arrangement – extra points if you know the meaning of the French

MATCH THE FRENCH TERMS WITH THEIR ENGLISH MEANING			
plié		round of the leg	
tendu		strike	
degagé		melt	
ronds de jambe		small beats	
frappé		develop	
fondue		stretch	
petits battements		disengage	
grands battements		bend	
développé		large beats	

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5th position




glissade

chassé

relevé

terms



écarté

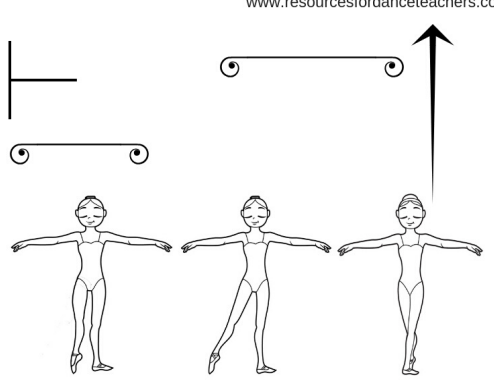
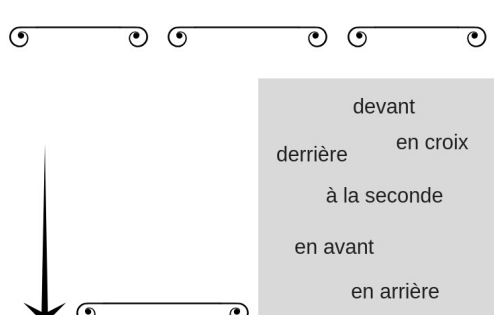
changement

plié

tendu

Match the following positions and directions

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Ballet quiz

- Name 2 brands of pointe shoes
1. _____
2. _____
- Name 2 professional ballet dancers from 2 different countries
1. _____
2. _____
- What does demi contretemps mean?

- Why do we do petits battements at the barre? What do they prepare us for in the centre?

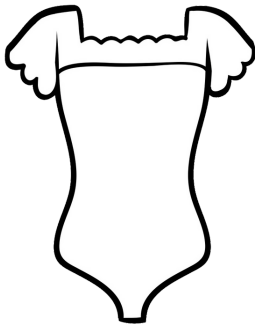
- Which time signature do we normally use for a waltz/balancé _____

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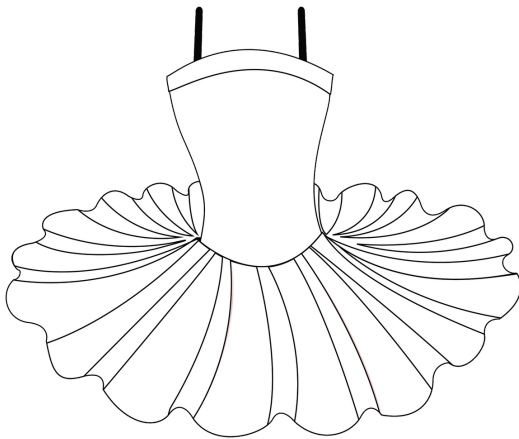
Color the pictures and write the words



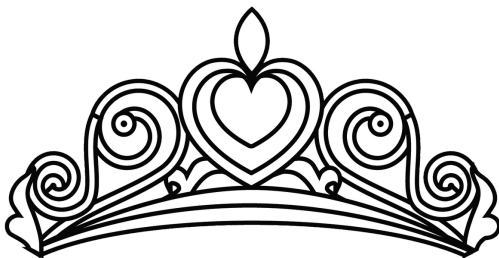
pointe
shoes



leotard



tutu



tiara

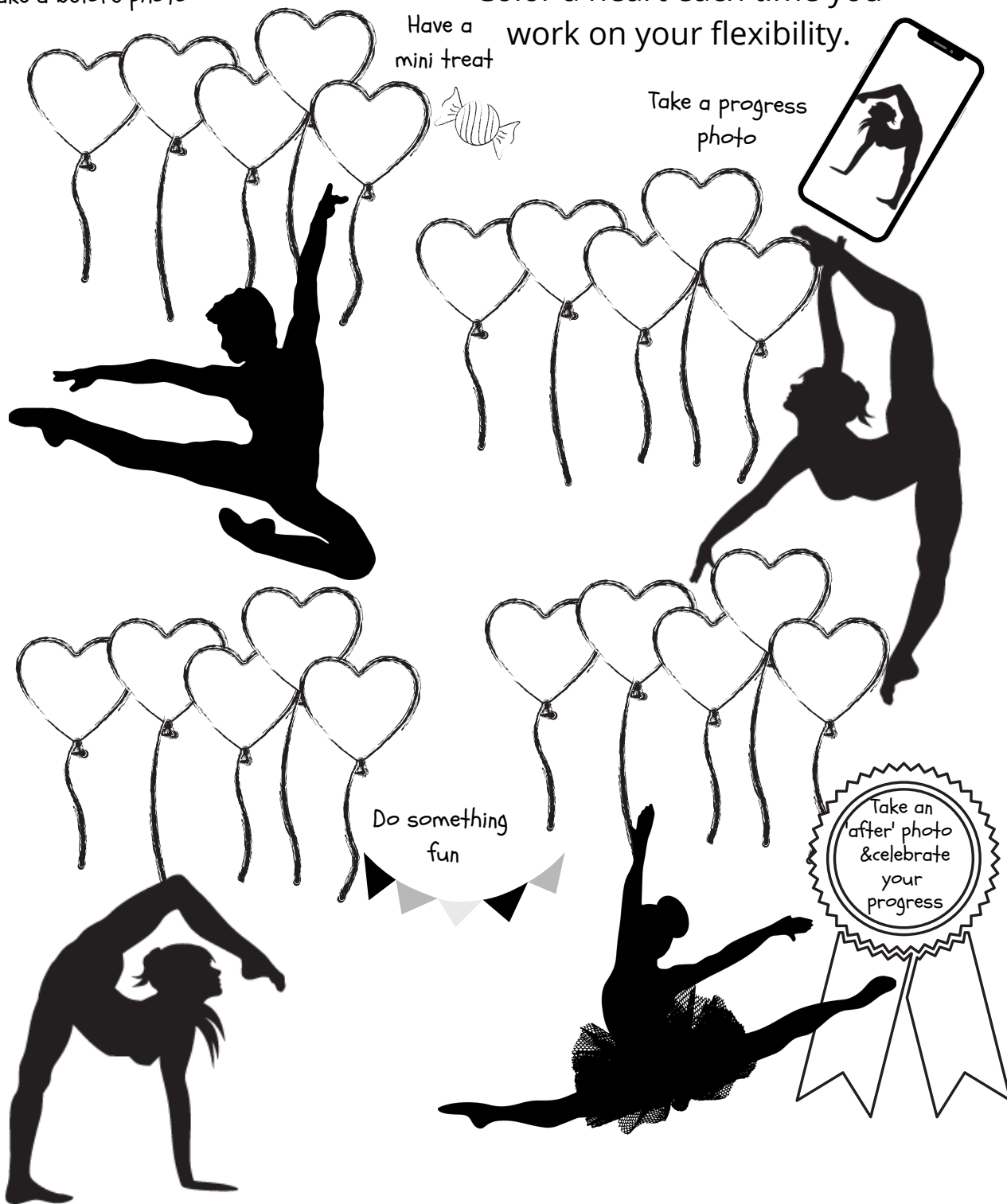
Stretch Tracker

Take a before photo

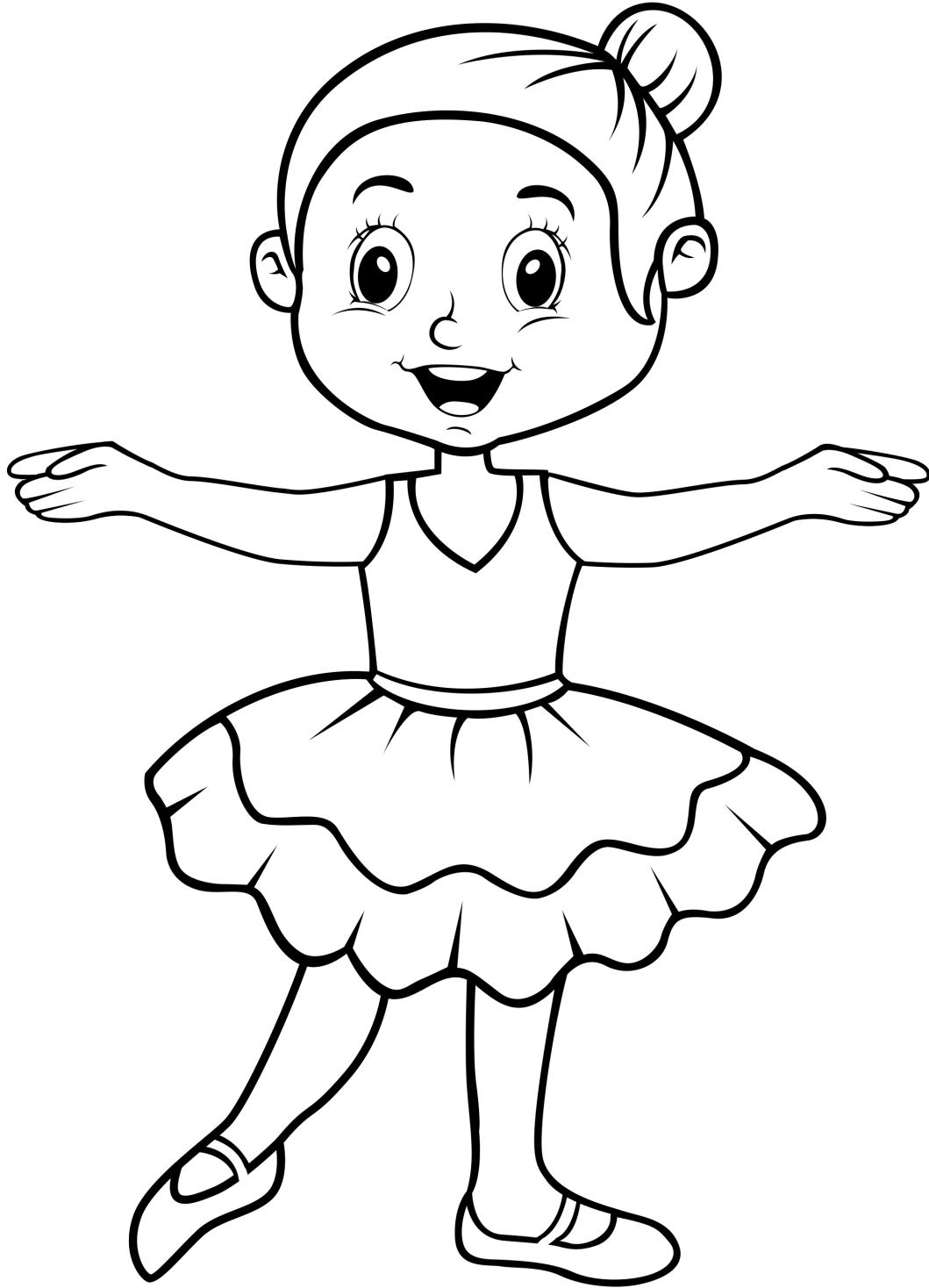
Color a heart each time you
work on your flexibility.

Have a
mini treat

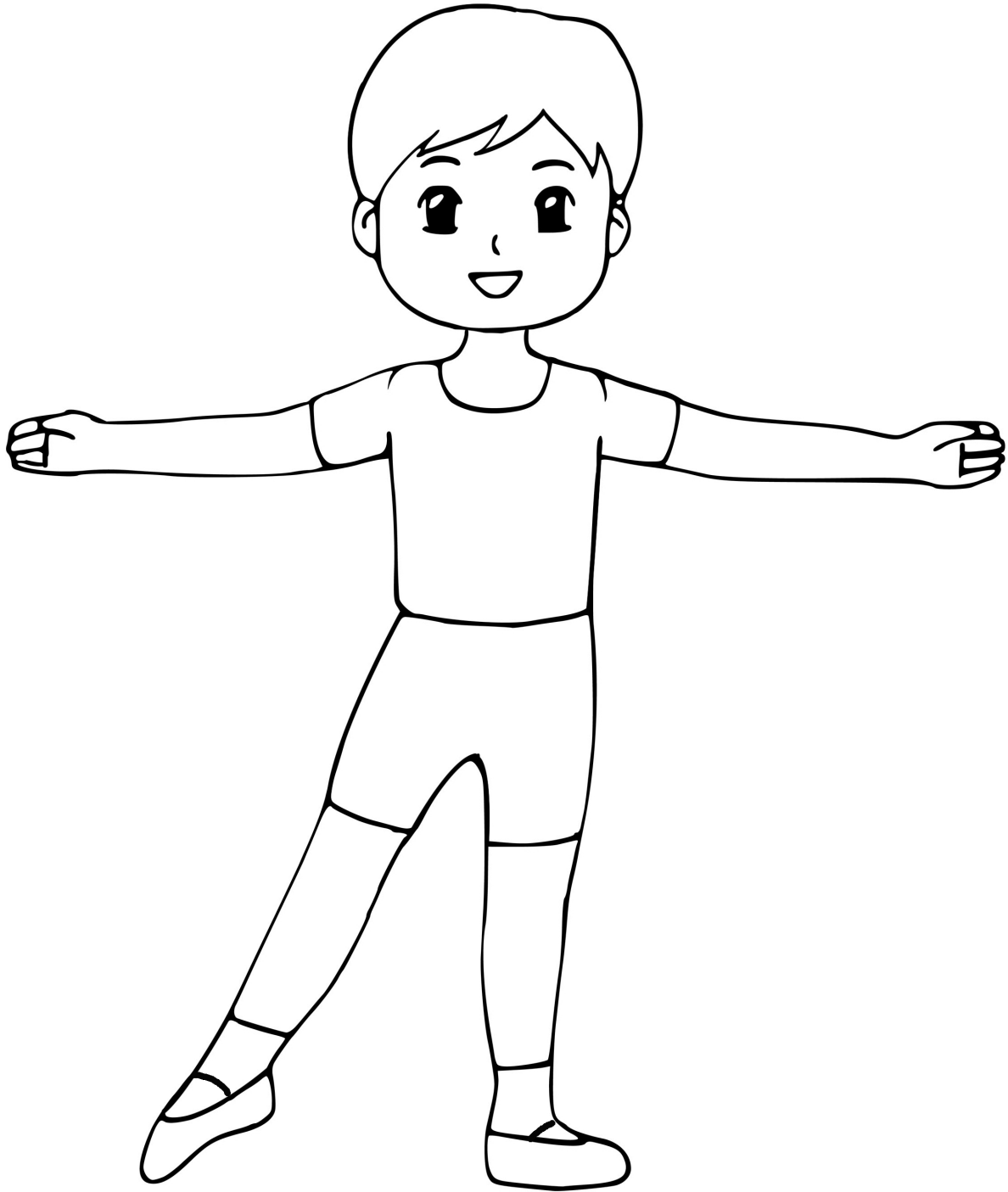
Take a progress
photo



Tendu



Tendu





DANCE COMPETITION REFLECTION

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Name

Competition

Date

Thoughts I had.



While I was getting ready.

Backstage/onstage

After

How I felt

While I was getting ready.

Backstage/onstage

After

What went well?



What could you control?

What could have gone better?

What couldn't you control?

What did you learn?

What were the best things about today?



