

LEARNING RESOURCE BALLET



GRADE 8 QUARTER 2

LEARNING RESOURCE for BALLET QUARTER 2

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FOREWORD

Welcome to this Learning Resource for Dance Education.

This Learning Resource was developed by experts from the National Commission for Culture and the Arts as a reference to aid you in developing rich, meaningful, and empowering learning in the creative fields. Every effort has been exerted to produce a Self-Learning Learning Resource that incorporates the most fundamental elements and principles of each discipline, while providing a spiraled, scaffolded, and multi-sensory approach to allow you to explore your innate creativity while building discipline and rigor in your chosen discipline.

Each lecture, activity, or reflection here is designed to be meaningful. Each one designed to build from the previous one, and each one with the objective of building up for the next skill or competence. We hope that you will find these activities challenging but empowering, and that your potential as a Filipino artist and Creative is further enhanced and inspired.

These Learning Resources take into consideration the various limitations and challenges brought about by the current situation, and provides you with the flexibility to manage content and pace to your individual needs while maintaining standards for creativity, embodying 21st Century skills, and aspiring towards artistic excellence. Beyond compilations of dry information, these Learning Resources seek to develop Higher Order Thinking Skills of Analysis, Evaluation, and Creation.

If you are planning to use this Resource as a facilitator or teacher, you are expected to guide and orient your learners in the proper and efficient use of this Learning Resource. Most, if not all activities, will entail exploration, investigation, and experimentation, as such it is imperative that you, as the facilitator, establish the guidelines which will allow your students to be creative but within responsible, safe, and academically-sound limits. Your guidance and mentorship is expected and encouraged throughout the learning process.

We look forward to your journey as an artist, MABUHAY!

INTRODUCTION AND OBJECTIVES

In this learning resource we will have more physical activity to apply and understand better the proper execution of the fundamentals and elements of ballet. We will also be doing more complex combinations to develop agility, grace and strength.

At the end of this Learning Resource, you will be able to:

1. Describe and execute the proper body placement in classical ballet
2. Identify basic classical ballet techniques
3. Perform basic classical ballet techniques
4. Choreograph a simple classical ballet piece

TOPIC 1 – Describe the proper body placement in classical ballet

The proper body placement in classical ballet was discussed in quarter one. It is very important that you understand how to execute this and master this. Before we can go on executing any steps, you have to know by heart the correct form in classical ballet. Let us review.

CORRECT FORM

Ballet is a very structured form of dance. All movements in ballet will require you to be in the correct form from head to toe to be able to execute it properly. This is why it is important that you have a good teacher that will teach you the proper alignment, technique, carriage of the arms and turn out of the legs .

PROPER ALIGNMENT

1. Your weight should be distributed evenly between your feet. Make sure to keep all your toes on the floor and the arch of your foot lifted. Do not allow the ankles to roll inward or outward.

Correct



Wrong

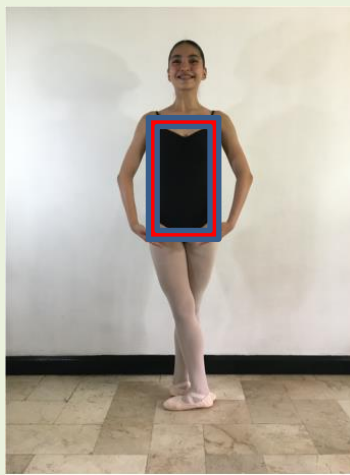


2. Your knees should be directly on top of your toes. Forcing your turn out will damage your knees.
3. TURN OUT rotation of the leg outward should be from the hips and not the knees.
4. Open the hips and make sure buttocks are in. Imagine you are squeezing a coin in your buttocks.
5. As you are opening your hips, imagine that someone is pulling your head away from you. Lengthen the spine.
6. Rib cage should be in. Do not stick it out.
7. Open shoulders and press it down

From your hips down, you have to think of pressing down to keep grounded. From the waist up it's all about having the feeling of being 2 inches taller and squeezing everything towards your spine. If executed well, the whole body should look like 1 flat panel.

You will often hear ballet teachers say to "keep your body square". What exactly does "square" mean? The four points of your body's square are your shoulders and your hips. You should know the epaulment or the direction where you are supposed to face to be able to know where "square should be facing". Your steps could be executed facing front (en face), side (decote), or corner (croise, ecarte, efface).

The four points of the "Square"



Correct



Wrong

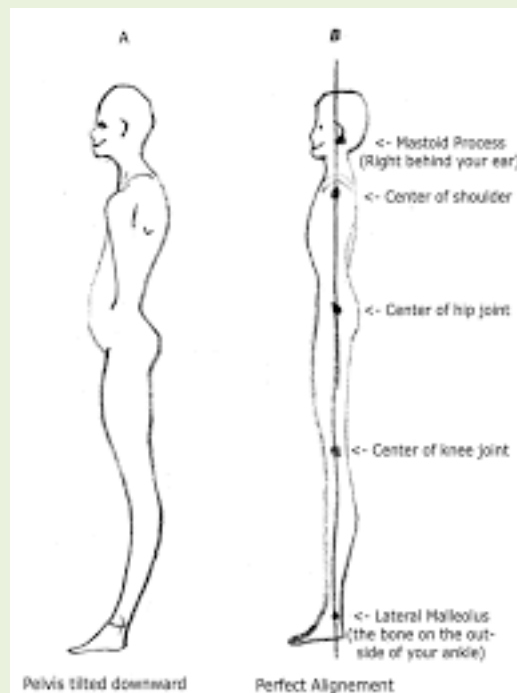


TOPIC 2 – Identify basic classical ballet techniques

Ballet has a lot of methods/techniques. To name a few – Russia has Vaganova, UK has Royal Academy of Dance, Italy has Cecchetti, New York has Balanchine, Australia has Commonwealth Society of Teachers of Dancing (CSTD0 and the Philippines has the Philippine Ballet Syllabus.

For this module, I will refer to technique that is universal to all of these syllabi which we discussed also during the first quarter namely: alignment, turn out, port de bras, lines and angles, pull up, jumps and pointing.

Alignment – as discussed in the previous topic is keeping your body square



www.dance.net

Turn out – turn out of the legs is not just twisting your legs or forcing your knees to face the side. A dancers turn out comes from the hips, in your hip rotators to be more specific. Your turn out must come from your hips.

Port de bras – literally means “carriage of the arms”. As Martha Graham once said, “Our arms start from the back because they were once wings”. Every time you lift your arms, you have to make sure that you are using your back muscles and not just lifting your arms using your upper arm, elbows or wrist.

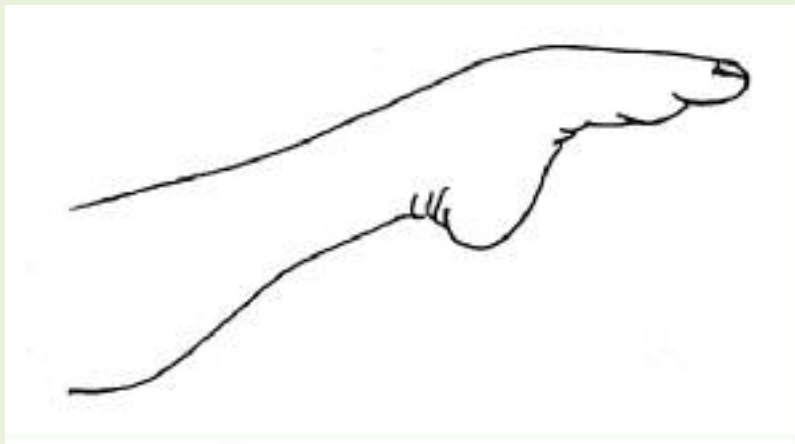
Lines – The line of a dancer’s body holds a big role in making a dancer look beautiful. What are lines? It is the shape or the outline formed by the dancer’s body from the top of the head to the tip of the toes. A perfect line means that every part of the body is in place – arms lifted, body square, legs lifted properly, and feet pointed.

Angles – Angles are also known as *epaulment*. It refers to the placement of the whole body.

Pull up – Just like being square, your dance teacher will be saying this a lot of times. While I was still a ballet student, my teacher always told me – “imagine you are 2 inches taller”. “imagine there is a string above your head and someone is pulling you up”. For you to be able to do a proper pull up, you have to do the correct form in ballet and lift everything up. A ballet dancer, whether you are a ballerina or danseur, should always dance with a feeling of lightness. Another thing to remember when pulling up is to imagine your spine as a magnet and every part of your body is gravitating towards your spine.

Jumps – Also known as “ballon” (gravity defying lightness), is one of the techniques that a ballet dancer has to master. Every jump should appear effortless and landing should be light without any sound.

Pointing – Pointing of the feet is one very important technique in ballet. You have to point the whole foot and not just the toes. The toes have to be long and imagine it being longer as opposed to being short and curled. Basic thing to remember about pointing is that everytime the foot is off the floor, it has to be pointed... every time.



TOPIC 3 – Perform basic classical ballet technique

During the first quarter, I have shown you the basic steps in ballet. For the following weeks, I will give certain combinations that you have to do so that your body will be more comfortable with it. Just like what I always tell my students, “practice makes you better”.

Keep in mind when performing any ballet step, you have to think of ALL the techniques mentioned above.

Let's dance!

BARRE EXERCISES:

- Get something stable or hold on to something stable that is as high as your elbows
- We will do the exercises facing the barre

PLIE EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	4 demi plies – 2 cts going down, 2 cts going up Releve – 4 cts Demi plie – 2 cts Tendu to seconde position and lower – 2 cts Repeat everything in seconde position of the feet Repeat everything in third position of the feet with the right leg in front Repeat everything in third position of the feet with the left leg in front
Finish	Feet in first, bras bas

SLOW TENDU EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu devant (to the front) – 2cts Flex – 2cts Tendu – 2cts Close to first – 2cts Repeat 3 more times Do exercise towards the side (a la seconde) Repeat the exercise in devant and a la seconde on the left side
Finish	Feet in first, bras bas

FAST TENDU EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu devant 3 times – 2cts each Demi plie – 2cts Tendu a la seconde 3 times – 2cts each Demi plie – 2cts Repeat everything on the left side
Finish	Feet in first, bras bas

GLISSE EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu devant 3 times – 4cts each Demi plie – 4cts Tendu a la seconde 3 times – 4cts each Demi plie – 4cts Repeat everything on the left side
Finish	Feet in first, bras bas

ROND DE JAMBE EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu devant – 2cts Slide to a la seconde – 2 cts Close to plie in first position and stretch – 4cts Repeat 3 more times Do everything on the left side
Finish	Feet in first, bras bas

FONDU EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu devant – 2cts Fondu (plie on one leg) – 2cts Stretch while leg is still on tendu – 2cts Close to first – 2cts Repeat 3 more times Do everything to the side (a la seconde) Repeat on the left side
Finish	Feet in first, bras bas

PASSE EXERCISE

Starting position	First position of the feet, arms in bras bas Breathe of arms then hold your barre
Exercise	Tendu a la seconde – 1ct Passe – 1ct Tendu a la seconde – 1ct Close to first – 1ct Repeat 3 more times Do the everything on the left side
Finish	Feet in first, bras bas

GRAND BATTEMENT EXERCISE

- One hand on the barre, other arm on the waist, face sideways.

Starting position First position of the feet, arms in bras bas
Breathe of arms then hold your waist

Exercise Tendu devant – 2cts
Lift leg to 90 degrees – 1ct
Hold – 1ct
Slowly put down leg to tendu – 2cts
Close to first – 2cts

Repeat devant 3 more times
Do everything in a la seconde

Finish Feet in first, bras bas

- Face the other side and do everything on the left side

RELEVE EXERCISE

- Facing the barre

Starting position First position of the feet, arms in bras bas
Breathe of arms then hold your barre

Exercise Plie – 1ct
Releve – 1ct

Repeat 7 more times

Balance on releve for 8cts

Plie before finishing

Finish

Feet in first, bras bas

FLOOR EXERCISES

- While doing floor exercises, please observe the proper ballet form at all times

BUTTERFLY



twinkl.com

Exercise

Knee bounces – 8cts

Bend forward – 6cts

Recover – 2cts

Repeat 3 more times

SEATED TOE STRETCH AND HAMSTRING STRETCH



Clipart-library.com

Starting position Seated, leg in front

Exercise

Point and flex feet together – 8cts

Point and flex feet alternately – 8cts

Put arms in fifth- stay for 8cts to check position

Bend forward – 4cts

Back to seated position – 4cts

Repeat 3 more times

Flex feet, make sure heels are off the floor and the legs are fully stretched. The back of the knee should be touching the floor

Touch your toes with your hands – stay for 8cts

Finish

Sitting position

GRAND BATTEMENTS DEVANT

Starting position	Lie on your back, elbows bent, forearm on the floor <ul style="list-style-type: none">Make sure your shoulders are down, legs stretched and feet pointed
Exercise	8 grand battements devant, alternating leg
Finish	Legs together, feet pointed

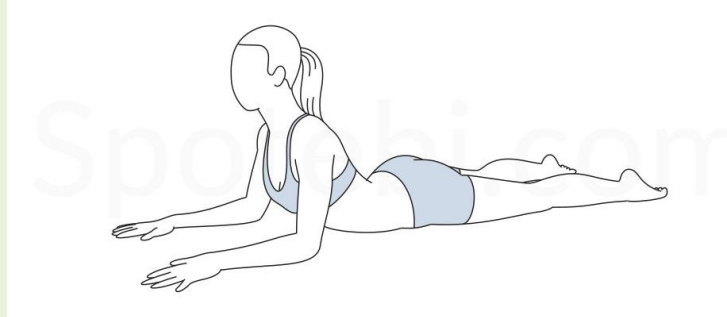
SEATED STRADDLE



www.alamy.com

Starting position	Open your legs to the side. Make sure your legs are turned out and feet are pointed. Arms in 5 th position.
Exercise	Bend to the side, right ear towards right knee. Do this while maintaining your arms in fifth. Back should be straight, shoulders down, body square. Do to the left side and repeat.
Finish	bend forward, tummy as close to the floor as much as Possible

SPHINX



www.spotebi.com

Starting position Start in a sphinx pose. Shoulders down. Hips on the floor

Exercise Lift your legs alternately at the back while keeping your hips in place.

Repeat 16 times

Finish Sphinx pose

SWIMMING

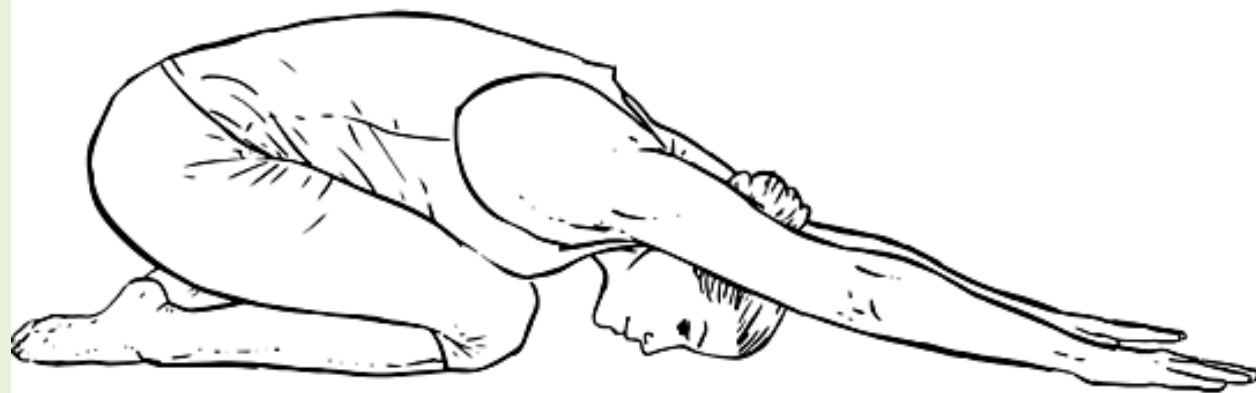
Starting position Tummy on the floor. Chin on your hands.

Exercise Like swimming, lift your body up and swipe your hands from your chin towards the side

Repeat 8 times

Finish Tummy on the floor. Chin on your hands.

- End the floor exercises with a child's pose



WorkoutLabs.com

CENTER EXERCISES

PORT DE BRAS

Starting position	En Face (Facing front) Feet in first Arms in Brasbas
Exercise	Right arm to first, fifth, second, bras bas – 8cts Left arm to first, fifth, second, bras bas – 8cts Both arms to first, fifth, second, bras bas – 8cts Right arm to low, mid and high third – 8cts Left arm to low, mid and high third – 8cts
Finish	En face Feet in first Arms in bras bas

ENCHAINMENT

SOUS SUS

Starting position	En Face Fifth position, right leg in front Bras bas
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*hands on waist on ct 8

Exercise	Plie – 2cts Sous sus – 2cts Repeat 4 times
Finish	En Face Fifth position, right leg in front Bras bas

Do everything on the left side

ECHAPPE

Starting position	En Face Fifth position, right leg in front Bras bas *hands on waist on ct 8
Exercise	Plie – 2cts Echappe – 2cts Repeat 8 times
Finish	En Face Fifth position, right leg in front Bras bas

PAS DE BOURRE

Starting position	En Face Fifth position, right leg in front Bras bas *hands on waist on ct 8
Exercise	Pas de bourree Repeat 8 times
Finish	En Face Fifth position, right leg in front Bras bas

SAUTE

SAUTE IN FIRST AND SECONDE

Starting position	En Face (Facing front) Feet in first Arms in Brasbas ○ Hold waist on ct8
Exercise	Plie -1ct Saute in first -1ct Repeat 2 more times Tendu to seconde position

Plie -1ct

Saute in seconde -1ct

Repeat 2 more times

*repeat everything

SOUBRESAUT

Starting position

En Face (Facing front)

Feet in fifth

Arms in Brasbas

○ Hold waist on ct8

Exercise

Plie -1ct

Soubresaut -1ct

Repeat 8 times

Finish

En Face

Fifth position, right leg in front

Bras bas

Do everything on the left side

CHANGEMENT

Starting position

En Face (Facing front)

Feet in fifth

Arms in Brasbas

- Hold waist on ct8

Exercise

Plie -1ct

Changement -1ct

Repeat 8 times

Finish

En Face

Fifth position, right leg in front

Bras bas

DIAGONALE

POSE

Starting position

En Face (Facing front)

Feet in fifth

Arms in Brasbas

- Hold waist on ct8

Exercise

Tendu devant (front) – 1ct

Pose – 1ct

Plie – 1ct

Stretch – 1ct

Repeat 8 times

Finish

En Face

Fifth position, right leg in front

Bras bas

- Do everything on the left side

BOURREE

- | | |
|-------------------|--|
| Starting position | En Face (Facing front)
Feet in fifth
Arms in Brasbas |
| | <ul style="list-style-type: none">○ Arm in 5th on ct8 |
| Exercise | Bourree across the room – 8cts |
| Finish | Plie
En Face
Fifth position, right leg in front
Bras bas |
| | <ul style="list-style-type: none">○ Do everything on the left side |

SOUTENU

- | | |
|-------------------|--|
| Starting position | En Face (Facing front)
Feet in fifth
Arms in Brasbas |
| | <ul style="list-style-type: none">○ Arm in 1ST on ct8 |
| Exercise | Soutenu 8x |
| Finish | Plie
En Face
Fifth position, right leg in front
Bras bas |
| | <ul style="list-style-type: none">○ Do everything on the left side |

CHASSE

Starting position	En Face (Facing front) Feet in fifth Tendu devant (front) Arms in fifth position
Exercise	Chasse across the room
Finish	Plie in fifth position, right leg in front Bras bas
	<ul style="list-style-type: none">○ Do everything on the left side

TEMPS LEVE

Starting position	En Face (Facing front) Feet in fifth Tendu devant (front) Arms in on your waist
Exercise	Temps leve across the room
Finish	Plie in fifth position, right leg in front Bras bas

EMBOITE

Starting position	En Face (Facing front) Feet in fifth Tendu devant (front) Arms in first position
Exercise	Emboite across the room
Finish	Plie in fifth position, right leg in front Bras bas

- *Complex combinations for the diagonal exercises*
 - Combine pose and bourree. Example: 4 poses and 3cts of bourree
 - Combine pose, soutenu and bourree. Example: 1 pose, 1 soutenu, 3 cts of bourree
 - Combine chasse and temps leve
 - Combine chasse and ballonne
 - Combine chasse, temps leve and chasse, ballonne

Go back to the center and we do a few exercises before the actual curtsey

CENTER

CHANGEMENTS before curtsey

Starting position	En Face (Facing front) Feet in fifth Arms in Brasbas
	<ul style="list-style-type: none">○ Hold waist on ct8
Exercise	Plie -1ct Changement -1ct Repeat 16 times

Finish	En Face Fifth position, right leg in front Bras bas
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PORT DE BRAS AND CURTSEY

Starting position	En Face (Facing front) Feet in first Arms in Brasbas
Exercise	First position of the arms – 2 cts Fifth position of the arms – 2 cts Bend to the right – 2 cts Recover – 2 cts Bend to the left – 2 cts Recover – 2 cts Second position of the arms – 2 cts Bras bas – 2 cts Releve and balance for 6cts Plie, arms in second – 2cts Curtsey right – 4cts Curtsey left – 4cts
End	Feet in first Bras bas

VERY IMPORTANT!

Always start and end each exercises properly.

TOPIC 4 – Choreograph a simple classical ballet piece

Now that you have mastered the basic steps, let's start making a short piece.

1. Choose a classical music.
2. Use steps that are appropriate for the music.
3. Use steps that you are comfortable in. Do not do complex steps or combinations that will make you look awkward.
4. Make sure to use your space. Do not just stay in one place.
5. Have a beautiful starting position.
6. End the dance properly by having a last pose
7. Search for a photo of a ballet costume online that would be appropriate for your dance.
8. Enjoy the process!
9. Since having ballet costumes are not accessible, wear your ballet uniform and take a video of yourself.
10. Submit to your teacher.