**Primary Ballet**

**Set centre work**

1. Set knee bends
2. Set rises with arm movements
3. Step to the side and lift
4. Step, close, step and point
5. Step, close, step and hop
6. The above 2 exercises combined
7. Hand and wrist exercise
8. Port de bras – set arm exercise including bras bas, en avent, a la seconde, and en couronne

**Steps taken in a circle**

1. Walking
2. Lifted walks
3. Walking en demi pointe
4. Running
5. Skipping
6. Run, point and port de bras

**Allegro**

1. Sautes/springs in 1st position
2. Springs to 2nd position and back to 1st position
3. Spring points
4. Springs from foot to foot (petit jetes derriere)
5. 2 gallops to the side, step and point (hop gallop and gallop and step point) taken side to side
6. 2 gallops to the side, step and hop (hop gallop and gallop and step swish hop, hop gallop and gallop and step swish hop) taken side to side

**Music / Rhythm**

* Clap and recognise a polka (a 1 & 2, a 1 & 2) I like ice cream)
* Clap and recognise a waltz ( 1,2,3,1,2,3)
* 3 walks and 1 clap (holding arabesque line for the clap)
* 4 walks and 4 claps (holding arabesque line on claps)

**Variation**

* Twilight Elf