

STRETCH & GROW BALLET STRETCHES

Below you'll find some of common and favorite Ballet stretches that we use in all our classes. Enjoy mixing and matches our stretch ideas with your students during your lessons plans. Pick some of your favorites, add in some new ones, and use them each week to create a fun and familiar stretch routine.

Stretch

How-To

Blow Your Dance Bubble

This is a technique used to help students create their own dance space before stretching and moving around the room. Simply pretend to take out a piece of bubble gum, chew it up, and on the count of 3 everyone blows their bubble around their bodies. It's important not to pop anyone else's bubble. It's a great exercise for spacial awareness

Soft Arms (Up & Down)

Soft arms is a variation of practicing soft Ballet arms. Beginning with arms slightly rounded down by your hips, raise them out to the side and up, rounding them out as your reach the top. Repeat 4 times

Soft Arms (One at a Time)

After lifting and lowering the arms together, practice doing it one at a time. Gently lift one up and down then the other arm up and down. As you raise and lower your arms, look at each arm as it moves up and down. Repeat 2 times

Build A Snowman

Students LOVE this stretch. You're pretending to build a snowman all while practicing soft, slightly rounded Ballet arms. First, pretend to pick up a ball of snow. Then. with your arms down at the bottom, by your hips, build the bottom of your snowman, raise arms straight up to the middle for the middle of your snowman and then

Stretch

How-To

Fairy Taps

Begin by standing with feet together and hands down by your side. Stretch one foot out in front of you, toe pointed on the ground, and tap,tap,tap. When your leg is straight and your toe is pointed, you can balance by "flying" or moving your arms up in down in a flying motion.

Tendu

A common dance step in Ballet, meaning "to stretch". To tendu, you begin with your feet together. Slowly slide one toe out in front of you, then back to beginning position with feet together. You can do tendus to the front, side, & back. Repeat a few times in each direction.

Demi - Plie Parallel

A common Ballet step meaning "small bend" and parallel meaning "same direction". Standing with feet together, facing forward, simply bend knees gently and then rise back to straight legs in standing position.

Demi-Plie Second Position

This plie is the same as our one listed above except for the positioning of our feet. Instead of feet together, they will be in second position or shoulder length apart. * You can find foot positioning definitions in our **Toes & Turns**

Terms Page

EXTRA STRETCHES

The stretches listed below are extra stretches that aren't necessarily Ballet related but great additional warm ups to add into your dance style stretches as listed above. Again, pick and choose your favorites from all our options and create your own fun warm up routine.

Stretch	How-To
Head Roll	Standing with feet together, gently roll your head around in a big circle. Repeat a few times to the Right and also to the Left
Head Looks/ Isolations	Use neck to gently turn head Left/Right then Up/Down, holding for a few seconds each time
Shoulder Lifts	Lifting shoulders up to the ears and down to the ground usually starting slower then gradually doing shoulder lifts faster just to add a few giggles (only shoulders should be moving, the rest of the body should remain still)
Arm Rolls	Stretching arms all the way out to the side and rolling them forward then switching to backward, creating circles in the air
Arm Shakes	Shaking arms out to the side almost like you're drying your hands without a paper towel (you can also do this with legs, hips, head, etc)

Stretch

How-To

Hula Hip Rolls

Putting hands on the hips, pretending you have a BIG hula hoop around your waist and rolling hips all the way around in a circle

Knee Bend Jumps

Standing with feet slightly apart, hands on hips or out to the side, bend knees, hold it, then jump up in the air and point your toes

March

Standing with feet together march in place then freeze and march in your bubble or in a circle . You can also use directional marches such as forward, backward, sideways, around and object, etc

TwinkleToes Turn

Standing with feet together, arms up in high V, rise up onto tippy toes and do one slow full turn

Popcorn Feet

Standing with feet together, step from foot to foot almost like a march, beginning very slow and ending super fast like popping popcorn. (this is a fun way to end your standing stretch before moving onto floor stretches) also, saying "pop, pop, pop" as you start off slow and then go faster helps students to stay on beat

STRETCH & GROW SITTING STRETCHES

After completing standing stretches, we recommend moving on to a few sitting stretches to complete your warm-up and before moving onto your main activity.

Here are some of our favorite sitting stretches!

Stretch	How-To
Butterflies	Sitting on the ground with legs stretched out, slowly bring your legs in until both feet are touching and resemble butterfly wings. Flap your wings slowly by lifting knees up and down. *It's fun to go around the class and ask your students what color wings they want or where they would like to fly to today
Butterfly Arm Stretch	Sitting in butterfly stretch position, lift arms up to the sky and then slowly stretch to the Left, repeat to the Right
Nose to Toes	Remaining in Butterfly position, sit up tall, tall, tall and slowly bring your nose to your toes. Hold for 3 seconds and repeat
Pointe/Flex (Pretty Feet & Yucky Feet)	Sitting on the ground with legs stretched out in front of you, alternate between pointing feet down to the ground (pretty feet) and flexing feet up to the sky(yucky feet).
Snuggle Stretch	Sitting with feet stretched straight out in front of the body, slowly bring knees into chest and wrap arms around legs and squeeze – Repeat a few times * Have your students pretend they are snuggling their favorite stuffed animal from home
Jello Legs	Sitting with legs stretched out in front of the body, slowly bounce/wiggle legs up and down