



ROYAL
BALLET
SCHOOL

PRIMARY STEPS



PRIMARY STEPS WORKSHOP NEWSLETTER

Welcome to Primary Steps Workshop Newsletter issue 4. Keep reading to discover some more dance activities to try at home.

MOVEMENT

We hope you have enjoyed dancing and being creative in your Primary Steps workshops so far. As we only have two more workshops we thought we should have a little recap of what you have learnt during the sessions so far.

A lot of the exercises you have done will have included stretches, turns and jumps. Let's think about them a bit more now:

In dancing, stretching is very important and you will have learnt that it's not just legs that need stretching. Did you know that even your eye line can stretch? Try this - look at a wall and then imagine you are looking through the wall and can see far into the distance. Dancers do this on stage to help with something we call 'stage presence'.



STRETCH



JUMP

There are so many different ways to jump. Jumps can be small, large, stay on one spot or travel, on one leg or two! To start and land jumps safely remember that you need to start and end using a demi-plié (bending the knees).

TURN

Turning is fun but can make you dizzy! Can you remember what helps to stop you feeling dizzy when turning? It's spotting - keeping your eyes focused on one spot when turning and whipping your head around quickly. Remember that you can turn on different parts of your body - have a go and see how many different ways you can find to turn.



TASK

Can you think of a movement that stretches, a movement that turns and a movement that is a jump? Have a go at doing each of them. Then try and link them together - you may need to add a couple of steps or additional movements so that your stretch, turn and jump can be linked together smoothly.

Next, find some music. You will have been dancing to some wonderful music in your workshops so now try and find some music you like and try out your sequence to that.

Finally, perform your sequence to someone at home or to your friends. Performing is a great way to build your confidence and share all the great things you have learnt with other people.

SOMETHING TO WATCH

This week's video is of The Royal Ballet School's Summer Performance 2021. Click the link below to watch!

<https://www.youtube.com/watch?v=T9RA>

FRENCH LESSON

During your Primary Steps workshops you will have learnt lots of different French words. Below is a list of ballet terms in French, can you match the French words to the correct English meaning in the second list?

FRENCH	ENGLISH
Sauté	Step for two
Pas de deux	To turn on one leg
Port de bras	To stretch
Plié	To bend
Pirouette	To jump
Tendu	To rise
Relevé	Carriage of the arms

Ballet Dictionary

Grand Allegro - Another ballet terminology phrase is 'Grand Allegro'
- Grand Allegro means to do large expansive jumps. These are usually done at the end of a class.

DAY IN THE LIFE OF A WHITE LODGE STUDENT

Some children decide that they love dancing so much that they want to go to a specialist ballet school. They then have to do an audition to see if they can be offered a place.

The Royal Ballet School trains dancers from 11 years old. Most of the students are boarders, which means they live at the school. This is because they come from all over the country and some even travel from abroad. There are Australian, American, Japanese and many other nationalities of students at The Royal Ballet School.

Bree Anna, one of the Year 8 students, tells us what it is like to be a student at White Lodge.

Can you tell us what an average day at White Lodge is like?

We start our day at 8:30am with two hours of normal school work. At 11:00am we have two hours of ballet. After lunch we have another two hours of school work.

We then have a dance class before dinner in the week. We also do choreography, gym and modern dance on Saturdays.

After dinner we have a house meeting run by the house parents which gives us any information or news. We then have one hour of prep (homework) and this will be two subjects that we have had in the day. After prep we have 1 hour of free time before bed at 9pm. It's a very busy day!

We hope your child enjoys their workshop this week. If you have any questions, please do not hesitate to get in touch – primarysteps@royalballschool.org.uk



Can you tell us about how you got offered a place at White Lodge and why you wanted to go to school there?

Ever since my first trip to The Royal Opera House at 7 years old I have been determined to follow my dream and get a place at The Royal Ballet School.

I had to do two auditions for my place at White Lodge. I was both nervous and excited at the same time, it was such an amazing experience. When the results arrived by email offering me a place, I cried I was so happy.

White Lodge is everything I hoped it would be and more. I feel so lucky every day knowing I am part of one of the best ballet schools in the world.

Do you have any top tips for Year 3 pupils who are just starting to learn ballet?

- Listen to your teacher and take on board your feedback
- Practice any exercises you are given, especially metatarsals
- Don't try to be better than someone else, try to be better than you were yesterday
- ENJOY all of your classes.

ANSWERS TO THE WORD MATCH CHALLENGE

Sauté = to jump

Pas de deux = Step for two

Port de bras = carriage of the arms

Plié = to bend

Pirouette = to turn

Tendu = to stretch

Relevé = to rise