

# Ballet

Name: \_\_\_\_\_

## Ballet

• Dancing is the act of moving the body in rhythm, usually to music.

• Ballet is a form of dance. It involves grace, beauty, strength and discipline.



• Ballet may tell a story or create a mood, or it may bring out the meaning of the music through the movement of the dancers.

• Ballet as we know it today has developed over hundreds of years.

• During the 1800s women started to become more prominent and toe dancing began. Towards the end of the 1800s ballets such as Swan Lake and Sleeping Beauty were being created.

Do you know any more information about ballet?

## Art

The French painter, Edgar Degas sketched and painted many dancers.

Find some images of his work that depicts ballet dancers.

Using Degas as inspiration, sketch from life some dancers using crayon, pastel or chalk.



The subject could be a solitary dancer, a couple or group.

The dancers may perform any form of dance. Try to capture the feeling of movement of the dancers.

## Extension Research

As for any sport or fitness training programme, warming up your body for a ballet class is essential to prevent injury.

Research and discuss the importance of warm up exercises in relation to heart rate and muscle temperature.

## Writing

Dance as art, especially ballet, may tell a story, set a mood, or express an emotion.

Write the outline of a brief story that would be suitable for a ballet (or another form of dance).

## Who creates a ballet?

There are several people who work together to create a ballet.

Research and then outline, the role of each person in relation to ballet.

composer  
choreographer  
designer (stage, costume and lighting)

Which one of these would you like to be?

## Number Crunchers

Nicky is planning to see the ballet which starts at 7.00 pm, but is unsure whether she should travel by bus or train.

The bus leaves at 6.15 pm and the trip takes 40 minutes. It takes another 7 minutes to walk to the theatre from the bus stop.

The train leaves at 6.25 pm and the trip takes 25 minutes. It is a 6 minute walk to the theatre from the train station.

Should Nicky catch the bus or the train to get to the theatre on time?

