



NFAD A- Z Challenge

Grade 6+ Ballet!

Use your full name to make your own Ballet work out!

- A – AND you can do 32x Sautes in 1st
- B – BATTEMENTS TENDUS & GLISSES en croix, both legs
- C – 32x CHANGEMENTS
- D – Hold Pirouette position on DEMI POINTE, both legs
- E – EASY peasy 32x Sautes in 2nd position
- F – 8X BATTEMENT FRAPPES A LA SECONDE
- G – 16x GRAND BATTEMENTS EN CLOCHE
- H – HOLD a plank for 10 seconds
- I – Do a Grand Plie in 5th IN the centre, X8
- J – JETE Ordinaire devant and temp leve, temp leve, temp leve, repeat other leg ALL x4
- K – KICK your one leg really high, then the other
- L – Any DOUBLE pirouette to your LEFT then to your right
- M – See if you can MANAGE the side splits
- N – Do 10 NICE Sit ups
- O – Do ONE big smile in front of the camera
- P – POSE temps leve in arabesque and galop, and repeat other leg
- Q – 8 QUIET slow hops on your right leg. Repeat on your left
- R – RELEVÉ devant and releve passe derriere & repeat x4
- S – SISSONNE ORDINAIRE PASSE DEVANT x 8, repeat in reverse
- T – Google 'TOUR en l'air' and try one!
- U – Glissades UNDER, derriere, over, under
- V – Do your VERY best pose for the camera
- W – Do 4 WAIT for it... press ups
- X – Do something EXTRA special
- Y – YOU do whatever you want
- Z – Do fun pony galops in a zigzag!

You can try other peoples names too! Please do film them and send them to us and let us know if you are happy for us to post it on our social media pages! We would love to see what you have been able to create!

