



NFAD A- Z Challenge

Grade 3 Ballet!

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

- A – ASSEMBLE over x4
- B – BATTEMENT GLISSES en cloche, both legs
- C – CHASSE into 2nd position
- D – DEVELOPPE devant, both legs
- E – Do Battements Tendus EN CROIX, both legs
- F – FIRST arabesque, both legs
- G – GLISSADE derriere 4 times. Then do other leg
- H – HOLD a plank
- I – Try a Grand Plie IN the middle of the room
- J – Do Grand JETE across the room (Leap)
- K – KICK your one leg really high, then the other
- L – LEAP across the room
- M – See if you can MANAGE 32 Changements
- N – Do 10 NICE Sit ups
- O – Do ONE big smile in front of the camera
- P – POSE temp leves in retire derriere x 4
- Q – QUIET changements x8
- R – RONDS DE JAMBE A TERRE EN DEHORS
- S – SECOND Arabesque, both legs
- T – Do your Spanish TRANSFER OF WEIGHT
- U – Stand UP tall on demi pointe & hold for 30 seconds
- 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 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!

