



Point and Flex

Sit on the floor with the legs straight in front of the body. Stretch the feet and ankles to a pointed position, return to a relaxed position and then press the heels away from the body to flex the foot.

Turnout

Students can differentiate between turned out and parallel positions in both sitting and standing postures.

Parallel 1st Position

(Position of the feet and legs) also know as 6th position. The legs and feet are facing forward and are placed together. If a true parallel position of the feet causes the knees to rotate inwards, allow the student to out toe slightly (not turnout the whole leg) until a neutral knee alignment can be obtained.

Turned Out 1st Position

(Position of the feet and legs). The heels are together and the toes are apart. At this age, high amounts of turnout should not be encouraged. To find the natural amount of turnout, the students rotate their legs from their hips to rotate their feet away from each other in 1 movement. All 10 toes should have even contact on the floor.

Parallel 2nd Position

(Position of the feet and legs). The heels are placed hip width apart (so that they are under the sits bones). The notes about alignment mentioned in parallel 1st position apply here as well. An easy way to have students find this position initially is to begin in turned out 1st position, shift their weight onto the balls of their feet (maintaining the forefoot position) and rotate the heels to be in line with the toes.

Turned Out 2nd Position

(Position of the feet and legs). The heels are placed in the same location as in parallel 2nd position parallel, but the legs are turned out which will create turnout in the feet as well. As in turned out 1st position, it is important that students work within their natural amount of turnout at this age.

Parallel 1st Plié Barre

Standing in parallel 1st position, facing the barre. Two hands hold the barre at approximately shoulder width. If you have portable barres that can be set so that the students can see themselves in the mirror as they are facing the barre it would be advantageous. Maintaining proper posture, bend the knees over the toes, trying to keep a neutral alignment in the knees and ankles. Straighten the knees to return to the starting position. The heels remain in contact with the floor throughout the movement.