



NFAD A- Z Challenge

Grade 4 - 5 Ballet!

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

- A – AND you can do 32x Sautes in 1st
- B – BATTEMENTS TENDUS 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 – Do some FREE MOVEMENT
- G – GLISSADES Over x8
- H – HOLD a plank for 10 seconds!
- I – Do a Grand Plie in 5th IN the centre
- J – JETE ORDINAIRE DERRIERE DE COTE, both sides
- K – KICK your one leg really high, then the other
- L – Any 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 – PAS DE VALSE, both sides
- Q – 8 QUIET hops on your right leg. Repeat on your left
- R – RELEVÉ by half turns, both sides
- S – SISSONNE ORDINAIRE PASSE DEVANT x 8
- T – TEMPS LEVE IN 2nd ARABESQUE, both legs
- U – Glissades UNDER x8
- 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!

