

Dance Sixth Form Induction Home Learning

Work on building your awareness of alignment and posture. Use the induction lesson guidance to concentrate on finding your plumb line and an equilibrium in your ability to balance.

Transfer the simple balance exercises into finding your central balance point in a turn. Build in to releve where possible. Remember that balance and technique are two different things.

Consider the physics of using a centripetal force and practice achieving a 90 degree angle with your leading leg in grande jetes (split leaps). Practice building momentum in your runs, achieving a 90 degree lift off point and sustaining airtime if possible. (airtime will be achieved if you can start your initiating kick above a 90 degree angle.

Ensure that your stamina (cardiovascular and muscular) is built consistently throughout the holiday and work on developing your level of flexibility.